The pride of North Carolina's electric cooperatives

Volume 43, No. 6, June 2011

Carolina country

Tornado Trauma

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Rosenwald schools revival

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Carolina country

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ON THE COVER

A volunteer on April 19 goes through the debris of Darleen Zupo's home on Turnbull Road in the Ammon area of Cumberland County near the Bladen County line. A member of the South River EMC cooperative and former Air Force mechanic, Darleen Zupo, 54, was killed here by a tornado April 16. For more on the deadly tornadoes that day, see page 8. (Fayetteville Observer photo by Andrew Craft)

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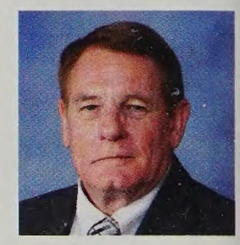
Transparency Matters



By W. Ray Hamilton

From Mr. Hamilton's "Message to Our Member-Owners," Tideland Topics, May 2011.

Billionaire investor Warren Buffett famously said, "You don't know who's wearing a bathing suit until the tide goes out."

He was referring to the fact that you don't know how solid many businesses are until the economy takes a downward turn. However, when you operate in an environment of transparency and accountability you don't have to worry about what might be revealed at low tide.

Organizations that hold transparency in high regard are not afraid to look in the mirror to see what is reflected back.

As businesses, cooperatives operate differently from conventional, for-profit American businesses. In cooperatives, members generally control business policy and procedures. As a member who buys your co-op's services, you have the right to participate in setting policies. You have a vote in electing the board that manages the business. You earn a portion of the margins ("capital credits") that your cooperative over time can afford to return to you. Governed and regulated by its members, your cooperative is an autonomous business that engages in activities solely for the benefit of its members and their communities. And like all cooperatives, yours is obligated to report to you what it does and to help you understand its services.

Local electric cooperatives like yours also are responsible for guiding the business operations they engage in on state and national levels. In North Carolina, we set policies and supervise management of such operations as generating and buying electric power, training employees, and participating in government actions that affect our members. Nationally, we participate in the annual resolutions process conducted by the National Rural Electric Cooperative Association (NRECA). This review shines a spotlight not only on the business and regulatory environment in which we function, but also on the corporate environment which we ourselves create.

I found one passage from this year's NRECA session to be particularly meaningful:

> "Member confidence and trust in their cooperative is vital to the future success of the cooperative. This requires that the electric cooperative board of directors and their management demonstrate the highest degree of integrity in their decision making and actions. It further requires providing ongoing and open communication on all issues confronting electric cooperative members and being forthright in communicating cooperative actions being considered and undertaken. Such actions and communication should enhance the credibility of the electric cooperative model among members and public officials and demonstrate that members' interests always come first in all that we do."

Our way of doing business also has a profound effect on America's prosperity. Consider this comment from President Franklin D. Roosevelt in a 1943 letter to NRECA:

> "I think that the forward march of the electric cooperatives has an even more profound significance in terms of our fight to preserve democracy. For it represents what is perhaps the most democratic form of business enterprise, one in which the individual finds his greatest gain through cooperation with his neighbor."

Because we are your neighbors, the board of directors and employees of your cooperative remain committed to transparency, accountability and member communication. It's not just the best way to do business. For a cooperative, it's the only way to do business.

Ray Hamilton is president of the board of directors of Tideland EMC, the Touchstone Energy cooperative that serves more than 22,000 member accounts in Beaufort, Hyde and Pamlico counties and parts of Craven, Dare and Washington counties.

Capt. Williams and the John W. Garrett

I enjoyed the story in the March 2011 issue about the railroad bridge that put my grandfather out of business ("The Longest Continuous Railroad Bridge in the World"). My grandfather Capt. Samuel Ferebee Williams was captain of the John W. Garrett as long as it operated across the Albemarle Sound (1899–1909).

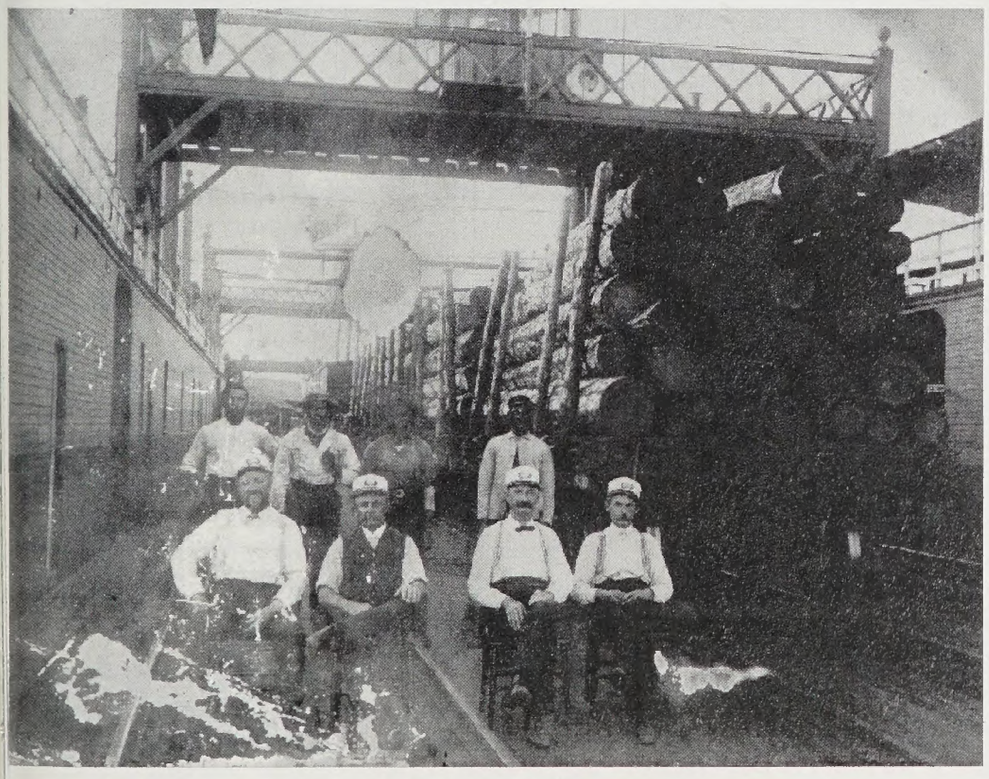
I never knew my grandfather, but my mother, Annie Williams McMullan, and my aunt Mary Williams Berryman often talked about him. On many late evenings, the two sisters would run down to the Edenton Court House green and watch for their father's return from Mackey's Ferry. When it was too dark to see the ship, they would watch for the light on the Roanoke River lighthouse. When the ferry made its turn into the Edenton Bay, the ship would block out the light as it passed. The two sisters would then run home and tell their mother that it was time to start preparing dinner because father would soon be docking.

Capt. Sam was born in Currituck County into the Williams and Tulle families who had settled near Tulls Creek around 1700. I believe that the early Williamses were both farmers and seagoing men. Capt. Sam became skipper of the Plymouth, a packet boat that met the train in Williamston and distributed mail, goods and people up the Roanoke River and around the Albemarle. When his first wife passed away, he steamed up to Murfreesboro and brought back my grandmother, Mary Pierce, who had been a music teacher at Chowan College. The Norfolk and Southern Railroad Company then called on him to captain the Garrett, and he moved from Williamston to Edenton. Capt. Williams was a religious man and regularly attended the Edenton Baptist Church where he was a soloist.

The Garrett could carry 23 loaded freight and passenger cars. Timber was their major cargo in that era of heavy logging in the Albemarle Region. John L. Roper, who owned or controlled over 2 million acres of timber land, was a frequent passenger and my grandfather's dinner guest.

After the railroad bridge was constructed, the Garrett was no longer needed. But an automobile ferry continued to operate from the end of Broad St. in Edenton to Mackey's Ferry. It continued until the Albemarle Sound automobile bridge was constructed in 1939.

Philip McMullan Jr., Hertford



This family photo shows Capt. Samuel Ferebee Williams and crew of the John W. Garrett.

That romantic railroad bridge

I read your article about the Albemarle Sound Bridge that was built in 1910. My father, Anthony Elliott, was born in 1892, and my mother, Gladys Elliott, was born in 1895. Both lived in Winfall, Perquimans County. Before she was married, my mother in 1912 bet one of her brothers that she would cross the new railroad bridge before he would. She talked to her friend Anthony about it. They eloped, got on the train and went to Plymouth to get married. It was a very long way from little old Winfall (about 40 miles), but she won her bet with her brother. After returning home they started raising children, and from 1913 to 1939 they had 10 boys and six girls. I was the last born in 1939. Mother died in 1973 and Daddy in 1966.

Preston Elliott, Four Mile Desert, Albemarle EMC

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JACOB'S LOG:

Moving on in remembrance

By Jacob Brooks

First of all, I want to say thank you to all of you for your tremendous support through this difficult time. Since Mom died in January, your letters, cards, warm thoughts, prayers and kindness have truly meant a lot. I am incredibly humbled and deeply touched.

I'd like to take a moment to catch you up on things that have been going on and my plans.

Things have been getting better as time has passed. I've been keeping myself busy with work. I've been working as a substitute teacher the past couple of months. I've really enjoyed it. I also took a position as an after-school tutor. My group is the younger kids from Pre-K through second grade. They are an absolute blast to be around. Being around them has also helped me in a tremendous way. They have basically been the medicine I needed. Mom loved working with younger kids. She also worked as a tutor for some time. I guess part of me feels like I can be near her by doing something I love and something she also loved.

When you're surrounded by someone whose only care in the world is playing and sitting on your lap, you seem to forget all the stress and heartaches that come with the real world.

The innocence and sweetness in a child really make you refocus on the important things in life. When you're surrounded by someone whose only care in the world is playing and sitting on your lap, you seem to forget all the stress and heartaches that come with the real world. I honestly don't see how anyone could work with kids and be miserable. Part of me thinks I may pursue a career in elementary education. I know I'm basically a child at heart anyway; I might as well be around those "my age."

However, I'm still uncertain on what I want to do. Many areas interest me, so I'm having difficulty narrowing anything down. As of now, I'm going to major in political science. I'm not exactly sure what I'll do with that or even if political science will remain my major, but I hope to figure it out sooner rather than later. (I know my dad hopes for the former. My indecisiveness on the matter drives him crazy.)

I'll be transferring to Appalachian State University in the fall. My older brother Josh and I will be getting an apartment together, which I am excited about. To be honest, this will be the first time we haven't had to share a room. We've slept in the same room together all of our lives. (I may have to sleep on the floor beside him until I can adjust.) He and I both are looking forward to this together. After all, we truly are best friends. He's got my back and I've got his (until we talk about football).

Although I'm excited about transferring, I am going to miss being at Carolina. I really enjoyed my time at Chapel Hill. I made great friends and have wonderful memories. But after everything that's gone on, I want to be a little closer to home.

My other big news is that I am starting a Relay for Life team—to support cancer research—in memory of Mom. Our team name is "In Remembrance," and I am incredibly excited about the event. I have participated in Relay before, but I have never been captain of a team. With that said, I'm having trouble coming up with some neat fundraiser ideas. We are hoping to raise more money than any team. Any suggestions would be appreciated! Our Relay is taking place on June 24 at Alleghany High, so stop by if you can.

Thanks again for all of your support and kindness. I hope that all of you are doing well. Enjoy our beautiful North Carolina summer. God Bless.

Jacob Brooks was last year's national spokesman for the rural electric cooperatives' Youth Leadership Council. He represented Blue Ridge Electric on the 2009 Youth Tour to Washington. He lives in Alleghany County.

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N.C. communities hit hard by historic April tornadoes

The National Weather Service warned that Oklahoma-style storms were ripping across North Carolina as tornadoes moved west to east during the afternoon of April 16. In the storm's aftermath, a cluster of 28 tornadoes officially had touched down in at least 32 central and eastern North Carolina counties. As Carolina Country went to press, the storm costs reached historic proportions, including 24 lives lost, 133 seriously injured, and monetary damages to businesses and homes exceeding hundreds of millions of dollars.

According to the National Weather Service, the tornado outbreak included five with wind speeds of 136-165 miles per hour.

Gov. Bev Perdue declared a state of emergency the evening of April 16. Within days, the Federal Emergency Management Agency (FEMA) declared 18 counties as federal disaster areas and eligible for assistance: Bertie, Bladen, Craven, Cumberland, Currituck, Greene, Halifax, Harnett, Hertford, Hoke, Johnston, Lee, Onslow, Pitt, Robeson, Sampson, Wake and Wilson.

The tornadoes hit rural areas and roared through cities such as Sanford and Raleigh. Sixteen North Carolina electric cooperatives reported power loss to approximately 104,000 members at the outage peak. Co-ops suffered about $2.5 million in damages to the electric distribution systems, with most damages concentrated in Lee, Harnett, Johnston, Cumberland and Greene counties served by Central EMC of Sanford, Pitt & Greene EMC of Farmville and South River EMC of Dunn. Issues with high-voltage transmission lines mostly owned and operated by investor-owned utilities and not cooperatives caused the majority of the outages. With the help of neighboring electric cooperatives, most outages were restored within 24 hours.

The following crews assisted cooperatives in power restoration:

- To Central EMC: EnergyUnited and Randolph EMC, along with contractors Lee Electrical and Lewis Tree
- To Pitt & Greene EMC: Edgecombe-Martin EMC, Halifax EMC and Tri-County EMC, along with contractor East Coast Power & Lighting
- To South River EMC: Brunswick EMC and Randolph EMC, along with contractor Lee Electrical

Jody Albright

The area along Rice Road in Central EMC's territory was hit hard by a tornado.

"The electric cooperative family continues to keep in our thoughts all members and their families affected by the tornadoes while North Carolina recovers from these deadly storms," said Nelle Hotchkiss, senior vice president for corporate relations at the North Carolina Association of Electric Cooperatives.

The tornado that moved through Greene County left trees and utilities poles down across the area, including these on Mt. Herman Church Road in Snow Hill.

Helping others hit later

A week later, April 22–28, what was considered the second deadliest thunderstorm outbreak in U.S. history devastated regions of seven southern states, leaving more than 350 people dead and thousands homeless.

Seven North Carolina electric cooperatives sent line crews to assist the electric cooperatives in Alabama and Tennessee with power restoration efforts. The cooperatives that sent crews, including trucks and other mobile support vehicles, to affected areas were: Blue Ridge EMC in Lenoir, EnergyUnited in Statesville, Lumbee River EMC in Red Springs, Piedmont EMC in Hillsborough, Randolph EMC in Asheboro, Rutherford EMC in Forest City and Union Power Cooperative in Monroe.

The deployment of crews is part of a mutual aid agreement shared between the nation's nearly 1,000 electric cooperatives to help one another in times of emergency, like natural disasters. Electric cooperatives across the country use the same line system engineering standards, which means line crews from any part of the country can quickly help sister cooperatives in restoration efforts.

Georgia resident Chris Meadows sent an e-mail message to Piedmont EMC during the early power restoration period: "I drove passed an army of your trucks getting off of Interstate 85 south at Georgia Highway 53 in Braselton this evening…I'm guessing they were headed out to help those hurt by the recent storms. I want to thank you for your help and let you know I am praying for your crews as they get to work."

Beware of Scammers

Atty. Gen. Roy Cooper warns consumers to watch out for scams related to recent tornadoes and storms and to report suspicious activity to his office at (877) 5-NO-SCAM (toll-free within the state) or by filing a consumer complaint at www.ncdoj.gov.

A year in review, the year ahead

Delegates from North Carolina's electric cooperatives in April reviewed the past year, looked ahead to new issues, elected officers, acknowledged dedicated service, and awarded youth scholarships at the annual meeting of the co-ops statewide organizations in Raleigh.

In a keynote address, R.W. "Chip" Leavitt, CEO of Brunswick EMC and outgoing president of North Carolina Electric Membership Corporation (NCEMC), focused on the power supply strategies the co-ops collectively have developed. While maintaining a diversified portfolio of power resources, solidifying their financial standing, and engaging in political and regulatory discussions, Leavitt said, the cooperatives have been able to "better manage our rising costs, have some control over our destiny, diversify our power supply risks, and strive to provide our members affordable and reliable power while maintaining the seven cooperative principles."

In another address, Thom Tillis, a Mecklenburg County Republican recently elected Speaker of the House in the state's General Assembly, outlined the challenges facing the new legislature and asked co-op leaders to remain involved at the state level.

Elected to serve as board officers of the North Carolina Association of Electric Cooperatives (the co-ops' services organization) were J. Douglas Brinson, Tideland EMC, president; Tony E. Herrin, Union Power Cooperative, vice president; and Allen W. Speller, Roanoke Electric Cooperative, secretary-treasurer.

Duane Saistrand

The North Carolina Association of Electric Cooperatives awarded scholarships in April to three high school seniors (from left) Marisa Linton of Wayne County, Dillon Voss of Burnsville, and Autumn Proctor of Cherryville.

Elected to serve as board officers of NCEMC (a power supply cooperatives serving co-ops) were Donald H. Spivey, Pee Dee EMC, president; Mitchell L. Keel, Four County EMC, vice president; and Mark A. Suggs, Pitt & Greene EMC, secretary-treasurer.

Among the 35 co-op leaders acknowledged for their years of service was R.W. Jones of Newport, who has served 60 years on the Carteret-Craven Electric Cooperative board of directors.

Scholarships were awarded to the following high school seniors, each of whom represented their electric cooperative in 2010 Youth Tour to Washington, D.C. Autumn Proctor of Cherryville (Rutherford EMC), Dillon Voss of Burnsville (French Broad EMC) and Marisa Linton of Wayne County (Tri-County EMC).

Co-op growth strong and steady

The number of Americans served by electric co-ops is increasing faster than the national rate of population growth, according to newly released figures from the 2010 Census compiled by the National Rural Electric Cooperative Association.

In fact, co-ops are growing faster than even the fastest-growing states, according to population statistics. The population served by co-ops rose at a brisker clip than overall population growth in 45 of the 47 states served by co-ops.

For example, Nevada was the fastest growing state in the nation during the last decade, with a 35.1 percent population increase, according to a Census briefing released March 24. Yet co-op growth outpaced that from 1999 to 2009, with a 42 percent increase.

"This is part of a longer-term trend we've been seeing, where co-ops have been exceeding the national average in terms of consumer growth," said Mike Ganley, director of NRECA's Strategic Analysis Unit.

The growth rates for the population and co-ops are not precisely comparable, because the Census covers 2000 to 2010, while the latest decade of NRECA data runs from 1999 to 2009. Still, the pattern is unmistakable—co-op growth is very strong, as the number of Americans served by co-ops jumped an estimated 22.6 percent from 1999 to 2009. Meanwhile, the U.S. population increased by 9.7 percent to 308.7 billion, which Census analysts called the smallest single-decade increase since the 1930s.

Most of the general population increase occurred in southern and western states, which the Census said accounted for 84.4 percent of the national growth in the last 10 years. Those numbers were reflected in co-op totals. From 1999 to 2009, co-ops in both Texas and Georgia served more than 1 million additional residents than during the previous 10 years. Florida gained more than 500,000 served and North Carolina more than 400,000.

The recession of 2008–09 slowed growth across the board, as co-ops grew by 0.6 percent in 2009, according to the NRECA Strategic Analysis Unit.

Still, NRECA analysts say, three-quarters of all co-ops experienced a net increase in 2008, even though new housing starts were at all-time lows and customer growth was flat across the country.

While the Census has not yet released extensive new data on rural areas, it is likely that growth within states was more concentrated in suburban and exurban areas. In addition, analysts noted, large gains or losses by a single large co-op can have an exaggerated effect on statewide totals.

"As long as the population shift continues toward the South and the West," Ganley said, "it is likely that we'll see strong continued overall co-op growth."

—Steven Johnson, Electric Co-op Today

Blue Ridge Electric supports ASU solar home entry in national competition

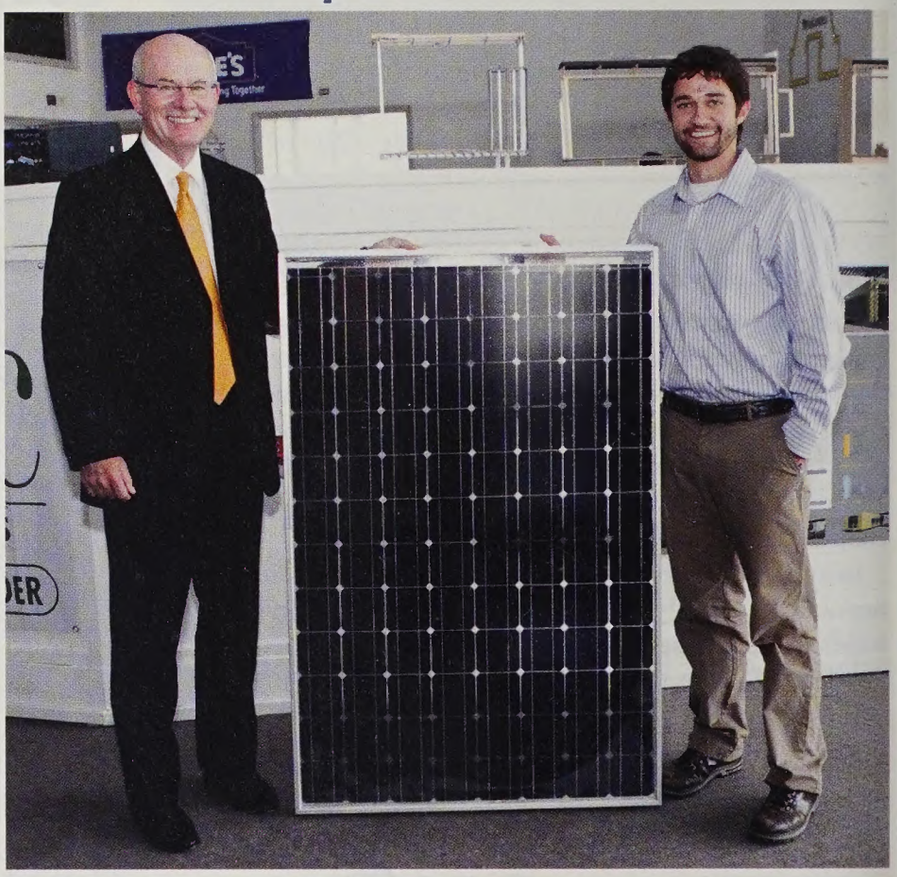
Appalachian State University in Boone plans to showcase an off-the-grid homestead at a national competition this fall, and Blue Ridge Electric Membership Corporation will help ASU get there.

Appalachian is one of 20 institutions chosen from around the world, and the only North Carolina university, to compete in the U.S. Department of Energy Solar Decathlon 2011 in Washington, D.C., in September. Hundreds of students from across the university's academic disciplines are assisting with the project to build a 1,000-square foot, two-bedroom, one-bath house with detached guest quarters. The entry will have solar thermal and solar photovoltaic collectors as part of its zero-energy design, which was inspired by cabins and outbuildings used by settlers in the Appalachian Mountains.

Construction should be complete by the end of August, when the students will test the homestead's heating, air conditioning, water and solar systems. Then the Solar Homestead will be disassembled and transported to Washington.

"Blue Ridge Electric's CEO Doug Johnson said, "We're especially pleased to support the creative, innovative use of technology by Appalachian students as they research and implement ideas for cost-effective, energy-efficient homes that could eventually benefit our members and others."

Blue Ridge Electric is the Touchstone Energy cooperative that serves some 73,000 members in Caldwell, Watauga, Ashe, Alleghany, Wilkes, Avery and Alexander counties.



Doug Johnson (left), CEO of Blue Ridge Electric, recently discussed Appalachian State University's entry in a national competition. ASU graduate student Dave Lee showed Johnson the bi-facial solar panels that collect energy from the sun as well as reflected light to be used on the ASU Solar Homestead entry.

Learn more about the Solar Homestead at www.thesolarhomestead.org.

Electric co-ops outscore other utilities in customer satisfaction

According to data from the American Consumer Satisfaction Index (ACSI), electric cooperative consumer-members are significantly more satisfied with their co-op energy provider than consumers who receive power from either investor-owned or municipally-owned utilities.

In a year when consumer satisfaction overall dropped to a two-year low, electric cooperatives received an average satisfaction score of 82, eight points higher than the median score for investor-owned utilities (74) and nine points higher than the median score for municipally-owned utilities (73).

The 2011 survey is the first in which the well-regarded ACSI included cooperative electric utilities as a separate category. The survey included a random sampling of co-op consumer members from across the country.

The average score for electric cooperatives topped that of FirstEnergy, the top-scoring investor-owned electric utility (78), and matched the score of Salt River Project, the top-scoring municipal (82).

"These scores validate the unique co-op business model," said Glenn English, CEO of the national association of electric cooperatives. "Owned by the people they serve, cooperatives put affordable electric bills above profits and dividends. At heart, electric co-ops are local consumer advocacy organizations."

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By Magen Howard

THE RISING COST
of keeping the lights on

Factors largely outside the direct control of your electric co-op will impact electric bills in coming years

After two years of declines, the price tag for building power plants and purchasing utility equipment has begun climbing once again. An improving world economy and hikes in costs for skilled labor, fuel and raw materials are driving expenses up. These higher prices likely will affect electric bills over the long term.

"Co-ops have an obligation to keep the lights on and electric bills affordable at a time when costs for components needed to construct generation, upgrade existing power plants, expand transmission facilities, and modernize distribution systems are steadily rising," says Glenn English, CEO of the National Rural Electric Cooperative Association (NRECA). "Combined with the costs of complying with new regulations, these pressures will affect electric bills in years to come. And all of this is largely beyond the control of local co-ops."

Price tags on new power plants

The North American Electric Reliability Corporation, the nation's bulk power grid watchdog, estimates the U.S. will need to build 135,000 megawatts (mw) of new generation by 2017 to meet demand and replace aging power plants. Facilities on the drawing board, though, will only deliver 77,000 mw. Electric co-ops—experiencing average annual load growth well above levels of other electric utilities—estimate they will need to bring approximately 12,000 mw of new generation on-line over the next decade.

"However, this generation will be the most expensive in history, coming at a time when construction materials like steel, copper, and concrete are shooting upward," English says.

The past 20 years have witnessed nations in Asia, Eastern Europe and the Middle East transform themselves from backwater provinces into economic "tigers," particularly in the areas of manufacturing, tourism, information technology and financial services. Flush with cash, these countries have embarked on unprecedented construction binges, erecting thousands of power plants, factories, residential high-rises and office towers.

NCEMC

The cost to build natural gas-fired power plants, such as this one in Anson County owned by North Carolina's electric cooperatives, is considered the most stable in the industry. This plant supplies power at peak periods when the cost of buying power wholesale is greatest.

Projects of this scope commandeer vast amounts of basic resources along with engineering and skilled labor expertise—and push up prices for items like oil, timber, steel, nickel and concrete.

After a brief downturn due to the global recession, worldwide commodity prices have rebounded—steel soared 42 percent between 2009 and 2010, while copper, used for wire and to ground electrical equipment, topped record highs of $4.50 per pound earlier this year.

For new coal-fired and nuclear power plants, overall costs jumped 25 percent and 37 percent, respectively, compared to the year before, according to the U.S. Energy Information Administration (EIA). With approximately 20 percent of existing coal-fired generation in this country vulnerable to retirement, the capital costs of replacing them with a pulverized coal plant now average more than $2,800 per kilowatt (kw). Nuclear plants run about $5,300 per kw.

Wind generation capital costs increased as well—about 21 percent (to $2,400 per kw) for land-based wind farms, and 50 percent (to $5,975 per kw) for turbines placed offshore. Geothermal power plants also leaped 50 percent (to $4,140 per kw).

On the other hand, costs for solar power dropped. The cost to build photovoltaic arrays, which convert sunlight directly to electricity, decreased 25 percent (to roughly $4,755 per kw). But for both wind and solar, backup power from coal or natural gas must be built to be available when wind isn't blowing and the sun isn't shining.

Natural gas-fired power plants, including peaking units (which operate only when electric consumption crests) and baseload (full-time) facilities, currently carry the most stable costs. Because combustion turbines and other natural gas generation equipment is manufactured in a factory and then assembled on-site—rather than being built from the ground up, like a coal or nuclear plant—total costs (and time needed to get a plant operating) are generally much lower.

The bottom line? A portfolio of power plants that cost $100 billion to erect in 2000 would cost about $215 billion today.

Hometown effects

The biggest expense for most electric distribution cooperatives today involves buying power. Wholesale power purchases can account for as much as 75 percent of your co-op's budget, meaning pressures on generation costs affect your electric rates. A wholesale power supply portfolio with a diverse mix of existing generation sources, such as nuclear and natural gas, can provide cost stability, which will help mitigate the cost increases in the future. (The power supply mix for most of North Carolina's electric cooperatives has this diversity: 51 percent nuclear, 37 percent coal, 9 percent gas/oil, 2 percent hydro, 1 percent market purchases.)

Then there's basic operations, everything from replacing poles and wire to maintaining rights-of-way and fueling line trucks. Costs for these activities continue to escalate. Between 1990 and 2010 in the north-central part of the nation, for example, prices for utility poles, towers and fixtures skyrocketed 98 percent while transformers spiked 154 percent.

Regulations on a roll

Looming government regulations also pose a threat. The U.S. Environmental Protection Agency (EPA) is considering four major rules—on cooling water intake, coal ash disposal, interstate transport of air pollutants, and using the best available technology to curb emissions from power plants—that could become game-changers for electric utilities. In addition, the agency has begun regulating greenhouse gases from new and modified large stationary sources, including coal and natural gas power plants, under the federal Clean Air Act. The bulk of these EPA regulations are due to court-imposed decisions and deadlines.

"It's entirely possible tighter emissions standards and other rules will have a multi-billion dollar impact on the cost of doing business for electric co-ops," says Kirk Johnson, NRECA senior vice president of government relations.

Combating rising costs

This month thousands of co-op leaders were expected to visit Washington, D.C., to call for more certainly on how electricity generation will be regulated.

"Co-ops need Congress' help to break out of the planning gridlock and set the rules for power generation today and in decades to come," stresses English. "Not knowing the rules is costing us valuable time and delaying critical decisions. Until the government provides more certainty, electric cooperatives, along with the rest of the utility industry, are hamstrung in making informed decisions to provide generation and reliable power for our future."

Sources: Cooperative Research Network, NRECA Strategic Analysis, U.S. Energy Information Administration, Handy-Whitman Index of Public Construction Costs

Magen Howard writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association. Megan McKoy-Noe, also of NRECA, contributed to this article.

This is one of five giant wind turbines at the Crow Lake Wind Project, a 150-megawatt power plant owned by Basin Electric subsidiary PrairieWinds SD 1 in South Dakota. It is the largest wind project owned solely by a cooperative in the U.S. It began operation Feb. 27. Like other power plant building costs, the price to build wind power facilities rose more than 20 percent since 2009.

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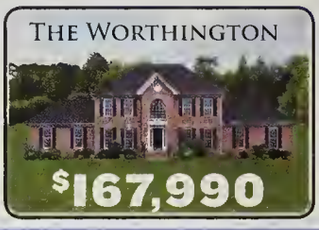

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Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!

I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

Turkey Neck , Charlotte,NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the Dermagist Neck Restoration Cream®.

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These stem cells are actually unprogrammed cells that can mimick those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream®** is available online at **Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355.** Oh, I almost forgot... I was given a promo code when I placed my order that gave me **10% off.** The code was "**NCN1**". It's worth a try to see if it still work.

Actual size is 30.6 mm

"O" Mintmark of the New Orleans Mint

Secret Confederate Treasure Discovered in Lost Civil War Shipwreck!

On January 26, 1861, the State of Louisiana seceded from the United States. Days later Rebel forces took control of the U.S. Mint in New Orleans, seizing a fortune in gold and silver bullion. Soon it became an official mint of the Confederate States of America.

For 150 years experts knew that the Confederacy produced silver half dollars dated 1861 and bearing the "O" mintmark of the New Orleans Mint. But no one knew what became of them. Only four are known to exist with the seal of the Confederacy, one of which sold at auction for $632,500.

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The team of Odyssey Marine Exploration made headlines worldwide when, after years of searching, they found the shipwreck of the SS *Republic*.® In 1865 the steamship went down in a hurricane, settling 1,700 feet beneath the Atlantic. Odyssey knew the SS *Republic* carried a king's ransom in U.S. gold coins from the Civil War era. But a real secret awaited their discovery.

There among the glittering gold coins Odyssey brought up from the SS *Republic*: Silver half dollars bearing the date "1861" and the "O" mintmark of the New Orleans Mint. "I could hardly believe my eyes," recalls Odyssey co-founder Greg Stemm. "We'd pored over the historical records. There was no reference to these coins in our research. We were surprised—and mystified."

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The 1861-O half dollars were entrusted to the world's foremost experts. After months of painstaking study and research with government records, the weight of evidence is overwhelming. Numismatic Guaranty Corp (NGC), the nation's foremost independent rare coin conservation and grading service, is able to attribute and certify individual 1861-O silver half dollars found on the SS *Republic* as having been struck by the Confederate States of America.

An Extraordinary Opportunity—If You Act Now

Authentic artifacts of the Civil War are highly coveted today. Many are locked away in museums like the Smithsonian Institution or are beyond the reach of all but the wealthiest Americans. An original Confederate Army coat sold for $70,000. A CSA flag brought a record $956,000. A Civil War canteen brings $5,500. Today, because of this history-making discovery, you can own an 1861-O silver half dollar, *officially attributed to the Confederate States of America*, from the fabulous treasure of the SS *Republic*. A limited number are being released to the public for just $1,497 each (plus shipping and insurance).

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MONEY-BACK SATISFACTION GUARANTEE

It's been more than 50 years since Andrew Corbett, Betty Thompson and Dixie Corbett were youngsters at Canetuck Rosenwald School. But they're back at work there, as board members of the restoration group, the Canetuck Community Senior Center.

"They were the kind that made sure you did what you could"

Grateful alumni and families are restoring the meaning and purpose of the Rosenwald schools

By Hannah Miller

Getting an education required determination—and a strong constitution—when Betty Thompson attended Canetuck School in the 1940s and '50s. At 6 years old, she walked with other rural students 6½ miles through the Pender County woods. "Some of the mornings were so cold," she remembers.

"We would build a fire on the side of the road to stay warm," fellow student Dixie Corbett says.

When they got to the school, there were no bathrooms; the students used the privies in the yard. There was no electricity in the building. Students read by light from the many windows. (Today, the building is lighted by Four County EMC.)

As tough as conditions were, Thompson, Corbett and other students still have a warm spot in their hearts for the white-frame building tucked among Spanish-moss-draped pines.

They are like many other African Americans who attended the Rosenwald schools built for rural black children in the segregated era of 1917–1932.

"We had some No. 1 good teachers there," says Eunice Jones Williams, who started at Castalia Rosenwald School in Nash County in 1927, not long after it was built. She later went on to Columbia University and a 40-year teaching career. "They were the kind that made sure you did what you could. You didn't play around."

An alliance formed by Sears-Roebuck executive Julius Rosenwald and local African-American communities built more than 5,300 of these schools across the South. The families, most of whom were sharecroppers, sold chickens and eggs, held community suppers, cut timber and otherwise stretched their pennies to raise money.

At Canetuck, families raised $1,226 to Rosenwald's $800. Another $674 came from public funds. In all, black families across the South raised $4.7 million to Rosenwald's $4.3 million.

"They wanted a better life for us," says Thompson, who went on to advanced study at Columbia University and a career in educational administration in New Jersey.

"I'm very thankful, because I'm a product of that," says former Warren County Training School student Thomas A. Harris of Littleton, a retired longshoreman. "I learned well. I went out in the world and was able to compete with just about anybody."

During school consolidation and integration of the 1950s and '60s, the schools closed. In recent years, a recognition of what they have meant not only to African Americans but to America as a whole is prompting a groundswell of restoration efforts.

Their establishment was "a major change in the history of America," believes JoAnn Stevens, president of the Rosenwald Center for Cultural Enrichment in Snow Hill. Without them and the educational opportunity they offered African-American youth, America would have been a much different nation, she says.

Restoring North Carolina's Rosenwald schools

Ten restorations in North Carolina were among those selected nationwide the last several years to receive $40,000 to $50,000 grants from the Lowe's Charitable and Educational

"I learned well. I went out in the world and was able to compete with just about anybody."

Foundation through the National Trust for Historic Preservation. Here are their stories:

Alumni of **Walnut Cove Colored School** in Stokes County, including Dorothy Dalton and her sister Mary Catherine Hairston Foy, raised more than $400,000 from 15 different sources to turn it into a senior center which hosts, among other things, meetings of the Walnut Cove and Stokes County commissioners. It won a National Preservation Honor Award from the Trust in 2000, and in so doing, sparked much of the current interest in Rosenwald restoration, believes development consultant Angelo Franceschina. The Lowe's grant was for roof and ceiling repair, which has been completed.

Restoration of **Ware Creek School** in Beaufort County, a member-account of Tideland EMC, has also been completed. Beaufort County Community College had been holding adult education classes there, but a lack of central heat and air had hampered use. Now Ware Creek Community Development has not only installed climate control, but new plumbing, insulation and storm windows as well. Executive director Alethea Williams-King, who remembers her grandfather's pushing for better education for the area's African-American youth, is compiling an oral history.

Kinston-based Lenoir Community College, which owns **Snow Hill School/Greene County Training School** in Greene County, envisions it as a community literacy center. The school, which once was the only high school for African Americans in the county, currently houses a textile manufacturer. It and an adjacent ball field are both on the National Register of Historic Places and mark the centerpiece of what the local Rosenwald Center for Cultural Enrichment hopes will become a historic district.

An alumni association numbering some 800 members in seven states has long used the renovated principal's home and cafeteria at Warren County Training School/North Wise High School to better the lives of county youth. They sponsor Saturday classes for at-risk students and a summer dropout prevention program, and they have awarded $40,000 in college scholarships. They're planning a cooperative effort with Vance-Granville Community College to provide classes and certification in green technology. They've put a roof on the main building but other renovation awaits funds. "I would like to get a senior citizens center and a medical facility (where) a doctor could come in maybe two or three times a week," says association president Thomas Harris.

Castalia Rosenwald School in Nash County. was "just a vacant old building sitting there, about to fall down," when his father started work on it, says John K. Williams Jr. At his father's death, he couldn't refuse leadership of the restoration group, the Castalia Community Development Association. "They had fixed too many chicken plates and whatever else they could do to raise money to fix it up," he says. The association fixed the floor, installed siding and insulation, and took care of "a big old snake." Williams envisions the restored building as a site for Nash Community College's GED programs, a health center where professionals could administer tests and give advice, and a center for tutoring.

Renovation is still in the planning stage at **Princeton Graded School** in Johnston County. When it's complete, it will provide a site where private nonprofit TESS (Taking Education Skills Seriously) can provide college scholarships, field trips, leadership training and other extras for students facing financial and other challenges. A long-term goal: accredited out-of-school-time programs that coordinate with the public schools.

The transformation of **R.A. Clement School** in Rowan County into a community center is still in the fundraising

continued on page 18

Edna Andrews was a beloved teacher at the Hamilton school. The school that in 1960 replaced the Rosenwald school in Martin County is called Edna Andrews Elementary School, and this portrait hangs in that building.

The Warren County Training School as it looked when it closed in 1969. At left is the principal's house.

A class photo of Ora Staton Jr. from the 1952–1953 school year. He is one of 110 alumni of the Hamilton Colored School.

stage. The long-term goal of the West Rowan Neighborhood Center Advisory Council is to raise $300,000, and "we're not even one-third of the way there yet," says co-president Vera Avery.

Two schools, **Alligator School** near Columbia in Tyrrell County and **Hamilton School** in Hamilton in Martin County, will be used as tourism/cultural centers to tell the stories of their eastern North Carolina areas and of the Rosenwald schools. In Hamilton, some 40 school alumni attended a reunion organized by Roanoke River Partners, which is leading the restoration effort (www.roanokeriverpartners.org). They have contributed artifacts, including a school bell, and stories that are included in a book, "Hamilton Rosenwald School Preservation Story: Preserving the memories, the faces and the place." Order it from Carol Shields at (252) 826-5719.

At **Canetuck**, Andrew Corbett remembers when he was one of the students walking the 6½ miles to school. At the first hill, he says, "We all would meet together." He and several fellow students still meet together in their old classroom as board members of Canetuck Community Senior Center. They recently had insulation installed, a half-century of caulking removed from the 1922 windows, and the exterior painted a gleaming white with wine-colored trim. "It's beautiful. It's simply beautiful," says board secretary Betty Thompson. "And now we have to get started on the inside."

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.

The Hamilton Colored School building in 2008 (top) before its restoration. It is now a visitors and community center for the Roanoke River region.

Dixie Corbett and Betty Thompson once attended Canetuck School. Now they help guide its future as the Canetuck Community Senior Center.

Canetuck Rosenwald School, its exterior once again gleaming, is a gathering spot for seniors and other residents of western Pender County.

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WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 9 with your name, address and the name of your electric cooperative.

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The winner, chosen at random and announced in our July issue, will receive $25.

May winner

The May photo by Michael Gery showed the Lockheed T-33 Shooting Star jet that marks the Tri-County Airport off Hwy. 561 between Saint John's and Rich Square in Hertford County. Joe Harrell of Eure told us the two-seater, phased out by the Air Force in the early 1960s, was rated at 600 mph, with a 1,359-mile range and a 46,000-foot altitude. His dad would say the pilot must have been a good one to land it on a pole. When his brother asked how the pilot got out, "My Dad replied, 'They brought him a ladder.'" The winning answer, chosen at random from all the correct entries, was from Helen Barner of Jackson, a member of Roanoke Electric Cooperative.

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Organic fertilizers

Natural choices for building up soil include seaweed, wood ashes

Building up the fertility of soil through fertilizer is one of the most important aspects of gardening. Synthetic fertilizers are manufactured products, while organic fertilizers are derived from plants, animals or naturally occurring minerals.

Synthetic fertilizers do have some advantages. They generally cost less, are easier to transport, and they are more uniform in nutrient content. And, with the exception of controlled-release formulations, most synthetic fertilizers are more quickly available to plants than organic fertilizers.

But if you prefer to go the natural way, that has plenty of advantages, too. Studies show that people often believe organic food tastes better and that levels of specific vitamins, antioxidants or flavonoids in organic produce have been found to be two or three times the level found in conventional produce.

The purest form of organic fertilizer is a plant-, animal-, or mineral-based fertilizer that is applied to the garden without any processing. Good examples of these are green manures, animal manures and wood ashes. The organic advantage is that not only are main nutrients added to the soil, but organic matter and humus, as well. Organic matter improves soil structure, moisture retention, drainage and the soil's microbial life.

An adequate amount of organic matter in the soil can help ensure that nutrients are available to plants on a steady basis and that the soil structure enhances root growth. Organic fertilizers dole out the nutrients more slowly than chemical fertilizers, so plant roots are less likely to be burned by getting too high a dose. The best way to use organic fertilizers is to apply a combination of raw materials high in organic matter, such as manure, along with specific organic fertilizers to target crop needs.

Organic products

Here are some plant- and animal-based products you can use in your garden.

- Plant-Based Fertilizers
- Alfalfa Meal
- Corn Gluten
- Cottonseed Meal
- Seaweed
- Soybean Meal
- Animal-Based Fertilizers
- Blood Meal
- Bonemeal
- Fish Products
- Animal Manures
- Compost

Getty Images

Using organic fertilizers such as compost helps teach children the value of recycling.

Animal manures

The nutrient composition of animal manures varies based on the animal, the bedding and method of manure storage. Aged manure is better than fresh, and cow is better than horse (high in weed seeds). Cow manure is the manure most commonly found bagged in garden centers. While nutrient content is low, the plants can absorb them moderately quickly. Manure from sea birds, chickens and bats is rich in nutrients, especially nitrogen. Highly soluble and quickly available nutrients are useful early in the season to stimulate vegetative growth. However, high-nitrogen chicken manures and guanos can burn tender plant roots. It's best to use them as a foliar feed, diluted in water or in a composted form.

Compost

Compost is considered the Cadillac of organic fertilizers. The beauty of making compost is that no matter what material you start with, the end product is relatively similar. Finished compost has a low but good balance of nutrients, and its organic matter helps feed the soil's microorganisms. Composts are available commercially or you can make your own, and they can be used along with other fertilizers. Making compost is a great way to deal with yard waste and, unlike synthetic fertilizers, you know what ingredients went into the finished product.

Family Features.com

Oh, Deer!

Keep unwanted yard critters at bay with these tips

It seems like every year, more and more animals are finding their way into our backyards, flower beds and gardens than ever before, causing us more problems than ever.

Before you throw up your hands in defeat or erect an expensive, high fence, know that there are numerous ways to send a message to these unwanted guests that the party is over.

Most likely, the deer you see this spring and summer is the same deer that you saw last fall, though they may have brought company with them. Unlike bucks, female deer do not migrate, but instead they seek haven in the same, familiar neighborhoods yearly. The same goes for any female offspring.

So the best move you can make is to consult with your local Cooperative Extension service or university to find out what native plants are the most deer resistant. There's no such thing as a deer-proof plant, no matter what your local garden center tells you. There is simply what a deer will eat first, and what a deer will eat later. Even harsh plant material like andromeda, barberry, boxwood and holly are, at best, "least preferred" by deer, so selecting plants like these starts your defense against their voracious appetite.

As for rabbits, groundhogs and other nesting animals, consider their size and use it against them. Small decorative fences and walls can be a great way to hide your true intention: protection. If you're able to find out where these animals tunnel and make their nests, consider decorative ways to deter animals from these areas. A large, pretty potted flower pot can take up the space that they've been using, while freshly mulched beds can disrupt a familiar nesting spot just enough to relocate your unwanted guests.

There are plenty of homemade remedies and commercial products available. Bloodmeal's scent can keep creatures away—try putting it in corners of gardens. Irish Spring's soap (shaved and sprinkled in flower beds) can deter animals, but rain and watering will wash it away. Human hair draped on plants can help somewhat as well. If you want something more professional, commercial products include Messina Wildlife's Animal Stopper line. The company uses a mix of organic ingredients for its animal repellents for domestic and wild animals. Their products' formulas are touted to last about 30 days regardless of weather.

Deer-resistant native plants

Fortunately, there are long lists of plants "seldom damaged by deer." Deer-resistant plants that are also native to the Southeastern U.S. include the following.

Trees: honey locust, American holly, southern magnolia and sweetbay magnolia.

Shrubs: American beautyberry, sweetshrub and fothergilla.

Perennials: sleeping hibsicus, bee balm and false indigo.

For many more ideas, visit the North Carolina Cooperative Extension's website at www.ces.ncsu.edu and type in "deer-resistant".

Avoid dangerous mistakes when tackling home wiring projects

If the warm weather has sent you into remodeling mode, consider checking with professionals before you visit the hardware store. While do-it-yourself (DIY) projects can be very satisfying, they pose risks when it comes to electricity.

Be careful not to install new lighting to old, inferior wires. To avoid this fire hazard, check your wire rating first, and either upgrade it or buy fixtures within the supply connection range.

"Mistakes can be costly—or even deadly," warns John Drengenberg, consumer affairs manager for Underwriters Laboratories, Inc., (UL), a Chicago-based not-for-profit firm that tests and sets minimum standards for items that require electricity. "The first and best safety tip is to call in an expert rather than be your own electrician."

An ongoing study by the Fire Protection Research Foundation has given UL engineers a better understanding of typical DIY wiring errors. These errors start below:

Common DIY wiring mistakes

Working with a live wire

It may seem obvious, but always turn off the circuit breaker (or remove the fuse) before working on or replacing electrical equipment. If you have a pre-1940s home, be mindful that you probably have more than one breaker box, or panel board, as electricians call them.

Using the wrong lightbulb

Most lighting fixtures feature a sticker on the socket that tells you the maximum wattage of the lightbulb to use. Installing one with higher wattage could damage the lights and cause a fire. Heat is usually the catalyst in this case: the higher the wattage, the hotter the bulb and the hotter the wire that goes to the lighting fixture.

Not being grounded

For optimal safety, receptacles should be wired with the proper grounding and polarity. Generally, three-pronged outlets signify an effective ground path in the circuit. However, homes built before the mid-1960s probably don't have a grounding path, and simply replacing the existing outlet with a three-pronged outlet won't give you one. Wiring with a grounding path usually sports a copper grounding wire with the cable. If you are uncertain about whether your home's wiring is grounded, inexpensive UL-listed outlet circuit testers are available to check for proper grounding and polarity. If your outlet is improperly grounded, call an electrician before moving forward.

Splicing

Always make sure your wiring size and type match. Splicing wires by simply twisting them together and covering them with electrical tape is rarely a good idea. Instead, use wiring suitable to your home's wiring and place wiring connections in metal or plastic boxes to decrease fire risk. Also, circuits protected by 15-amp fuses or breakers should be wired with No. 14 AWG copper wire minimum. For 20 amps, use No. 12 AWG minimum size copper wire. Other guidelines apply so for safety's sake, seek professional help before you begin.

Hooking new lights to old wires

Most light fixtures are marked with instructions for supply connections, such as "Use wire rated for at least 90C," which refers to the maximum temperature—90 degrees Celsius or about 200 degrees Fahrenheit—under which a wire's insulation can safely be used. Again, if you have an older home (pre-1984, in this case), wiring may have a lower temperature rating than a new luminaire. "This isn't something most DIYers even think to consider," Drengenberg cautions. "It probably won't burst into flame immediately, but it does increase the risk of a fire." Check your wire rating first, and either upgrade it or buy fixtures within the supply connection range.

Article courtesy of Underwriters Laboratories, Inc.

By Jim Dulley

All hands on an energy efficient deck!

A deck can be energy efficient in several ways. If having a deck allows your family to spend more time outdoors in summer months, then you should be able to set your central air conditioning thermostat higher during the time you're primarily outside. Setting the thermostat higher, even for just a few hours a day, will reduce your electric bill.

If you are outdoors more often, you will become accustomed to the heat and will be more comfortable indoors without as much air-conditioning.

A properly designed deck with a pergola or some type of tall side wall facing south or southwest can also provide shade for your home. This is particularly helpful if it can also shade the glass patio door. Even with the most efficient glass in the door, a tremendous amount of heat transfers in through the glass when it is exposed to the direct afternoon sun.

In addition to saving energy, you can make environmentally friendly choices for the deck materials. For the framing, engineered lumber can be used instead of standard solid 2-by-2 lumber. Engineered lumber is stronger and often made from smaller wood pieces so less prime wood is required overall. Its strength may allow for fewer posts and longer spans without creating a springy feel.

A pergola with tilted top members is effective for shading an area of the deck, house wall and large window.

The choice of deck material is most important. Pressure-treated wood is abundant and the least expensive material you can use. It also has the nicest appearance and feel on bare feet and is easy to work with for most do-it-yourselfers. The only environmental drawbacks to wood are its limited life and the cleaning and sealing chemicals which must be applied every year or two to extend its life.

Composite decking is another option. Trex recently developed a new decking material, Transcend, which is environmentally friendly. It is made from 95 percent recycled materials, primarily from plastic bags and sawdust. This decking is different from other composites in that it has a thin polymer top cap. This reduces staining and mildew growth as compared to typical composite materials. It is more expensive than other composite materials, but its minimal maintenance makes it a reasonable investment.

Another option is cellular PVC decking. PVC decking uses more virgin materials than composites do, but it is very durable, low-maintenance, and does not stain or mildew.

If your deck is exposed to the direct afternoon sun, select light-colored composite decking to reduce the heat buildup and the heat radiated to your house wall and windows.

Building a vertical wall on the southwest side of the deck fosters effective shading and also provides privacy. The simplest design uses standard posts covered by lattice. The lattice openings allow breezes to pass through. Planting climbing vines along the lattice also enhances the cooling effect by natural transpiration.

Another option for the shading wall is to install horizontal slats. By tilting them at the proper angle, the direct afternoon sun can be blocked while providing ample area for breezes. The best angle for the slats depends upon your area's latitude and the deck's orientation to the sun. Make some sample cardboard slats to test for the best angle.

To block the sun from a more overhead direction, build a pergola over the deck. You can build one from lumber or buy a composite pergola kit. This is attractive, and by allowing plants to grow up and over it, it provides additional shading.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Resources

The following companies offer alternative decking materials:

Azek, (877) 275-2935
www.azek.com

Rhino Deck, (800) 535-4838
www.rhinodeck.com

Timbertech, (800) 307-7780
www.timbertech.com

Trex, (800) 289-8739
www.trex.com

Have a question for Jim?
Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

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VIAGRA™ 100mg, 12 TABLETS manufactured by Pfizer™	$223.19	VIAGRA™ 100mg, 12 TABLETS manufactured by Pfizer™	$144.42
SPIRIVA™ 18mcg, 90 CAPSULES manufactured by Boehringer Ingelheim™	$670.00	SPIRIVA™ 18mcg, 90 CAPSULES manufactured by Boehringer Ingelheim™	$268.08
CELEBREX™ 200mg, 90 CAPSULES manufactured by Pfizer™	$404.97	CELEBREX™ 200mg, 90 CAPSULES manufactured by Pfizer™	$155.25
PREMARIN™ 0.625mg, 90 TABLETS manufactured by Wyeth Pharma™	$162.00	PREMARIN™ 0.625mg, 90 TABLETS manufactured by Wyeth Pharma™	$44.10
LIPITOR™ 20mg, 90 TABLETS manufactured by Pfizer™	$435.97	LIPITOR™ 20mg, 90 TABLETS manufactured by Pfizer™	$194.58

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STORM WATCH

How to prepare your family and property for severe weather

OUTSIDE

1. Trim dead or weak branches from surrounding trees. Do not leave them for curbside pickup during a storm watch.

2. Moor boat securely, store it upside down against a wall or move it to a safer place. Anchor a boat trailer with strong rope.

3. Protect your windows with custom-fit shutters or ⅝-inch plywood. Check with your local building inspector.

4. Keep roof drains clear.

5. If you live in a flood-prone area, elevate or move objects to higher ground.

6. Bring indoors objects that may be blown or swept away, such as lawn furniture, trash cans, children's toys, garden equipment, clotheslines and hanging plants.

7. Lower water level in pool 6 inches. Add extra chlorine. Turn off electricity to pool equipment and wrap up any exposed filter pumps with a waterproof covering.

8. Plan how to take care of your pets. Leave them with a friend. If you must evacuate, it is best to take your pets with you, but most shelters will not allow them. Large animals in barns should have plenty of food and water.

9. If a storm is pending, fuel your vehicle.

10. Keep a smaller Disaster Supplies Kit (see next page) in the trunk of each car.

11. Keep sliding glass doors wedged shut in high wind.

12. If you use a portable generator, make sure you know what loads it can handle, including start-up wattage. If you connect the generator to household circuit, you must have a double-pole, double-throw transfer switch installed between the generator and outside power, or the "backfeed" could seriously harm or kill utility line workers.

13. Take down outdoor antennas, after unplugging televisions.

INSIDE

14. Store valuables in a waterproof container at the highest point in your home. Include an extra set of keys.

15. Make two photocopies of vital documents and keep the originals in a safe deposit box. Keep one copy in a safe place in the house, and give the second copy to someone out-of-town. Vital documents include birth and marriage certificates, tax records, credit card numbers, financial records, wills and trusts.

16. Install smoke alarms on each level of your home, especially near bedrooms. Use the test button to test them once a month. Replace batteries at least once a year.

17. If a family member relies on life-support equipment, make sure your electric cooperative knows ahead of time.

18. Fill bathtubs, sinks, and jugs with clean water in case water becomes contaminated.

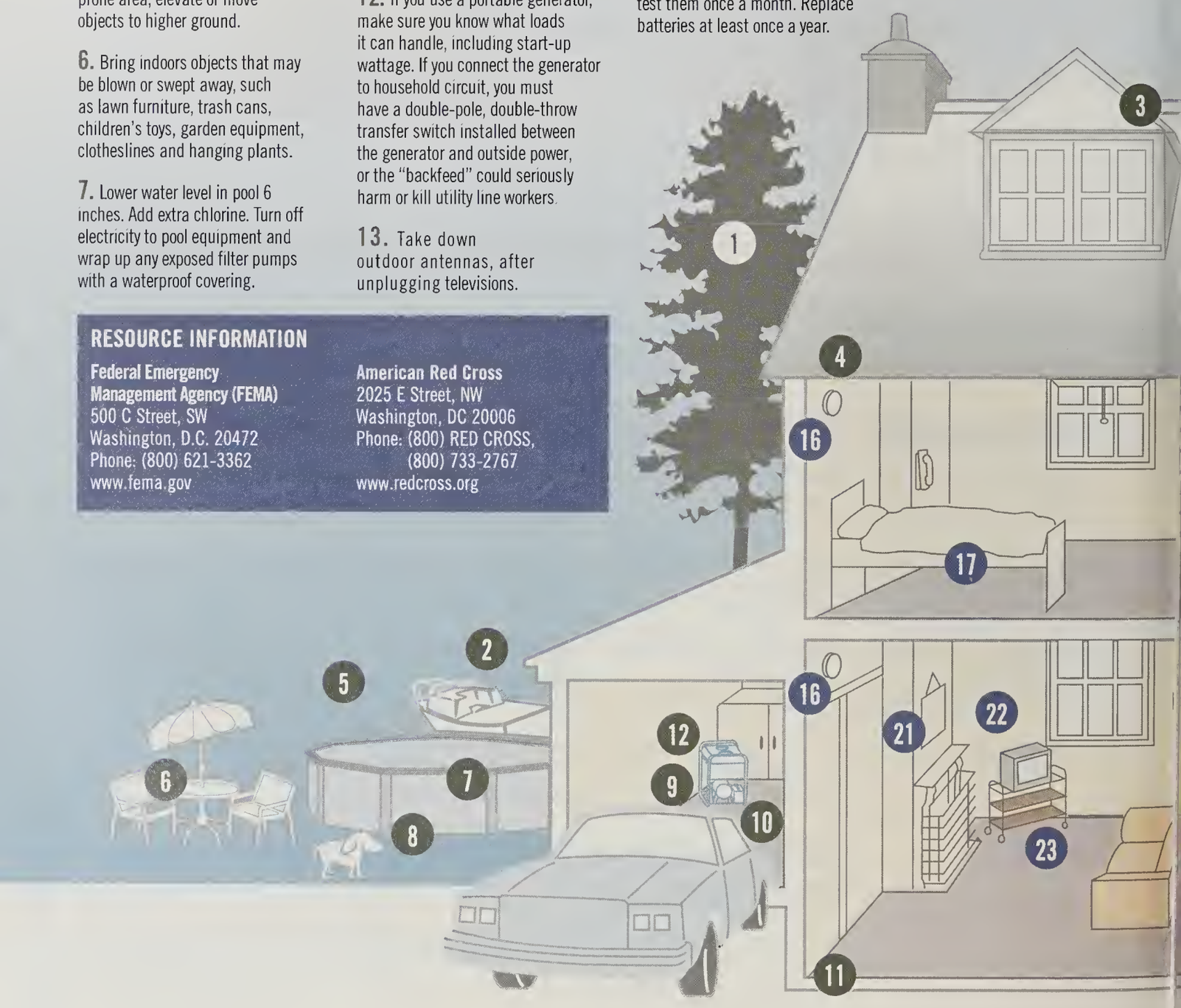
19. Pick a "safe" room in the house, usually a first-floor interior hallway, room or closet without windows.

20. Plan home escape routes. Find two ways out of each room.

RESOURCE INFORMATION

Federal Emergency Management Agency (FEMA)
500 C Street, SW
Washington, D.C. 20472
Phone: (800) 621-3362
www.fema.gov

American Red Cross
2025 E Street, NW
Washington, DC 20006
Phone: (800) RED CROSS,
(800) 733-2767
www.redcross.org



21. Check and protect objects that could cause harm during a bad storm: bookshelf, hanging pictures, gas appliances, chemicals.

22. Write and videotape an inventory of your home, garage, and surrounding property. Include information such as serial numbers, make and model numbers, physical descriptions, and price of purchases (receipts, if possible). Store a copy somewhere away from home, such as in a safe deposit box.

23. Keep a portable, battery-operated radio or television and extra batteries.

24. Post emergency telephone numbers.

25. Show adult family members where your fire extinguishers are and how they work.

26. Make a plan for family members to reunite if separated (if children are at school and adults are at work). Designate an out-of-state relative or friend as a contact person and make sure everybody in the family knows how to reach the person.

27. Teach all responsible family members how and when to turn off the water, gas, and electricity at the main switches or valves. Keep a wrench near gas and water shut-off valves. Turn off utilities only if you suspect a leak or damaged lines, or if you are instructed to do so by authorities.

A DISASTER SUPPLY KIT (recommended by the American Red Cross)

Have enough disaster supplies for 2 weeks ready. Keep items in airtight plastic bags. Replace stored food and water every six months. Rethink your kit and family needs at least once a year. (Replace batteries, update clothes, etc.) Ask your physician or pharmacist about storing prescription medications.

- Emergency food & drinking water
- At least one change of clothes
- Baby food, diapers & formula
- Batteries
- Bleach (without lemon or additives)
- Books, magazines, cards & games
- Butane lighters
- Cash & credit cards
- Camera & film
- Car keys
- Charcoal & lighter fluid
- Clock (non-electric)
- Cooler (with ice)
- Duct & masking tape
- Extension cords
- Fire extinguisher
- First Aid kit
- Flashlight
- Grill or camp stove
- Lantern with extra fuel
- Heavy plastic (for roof if damaged)
- Manual can opener
- Matches
- Medicines, glasses or contact lens supplies
- Mosquito repellent
- Personal identification
- Pet food
- Phone numbers of places you could go.
- Plastic trash bags
- Radio (battery-operated) or TV
- Rope (100 ft.)
- Sleeping bags, pillows & blankets
- Soap & shampoo
- Sturdy shoes
- Toilet paper & towelettes
- Tool kit including hammer, crowbar, nails, saw, gloves, etc.
- Water purification tablets

IF YOU MUST EVACUATE
leave as quickly as possible. Unplug your appliances, but leave on your refrigerator. Turn off the main water valve. If time allows, move furniture to a higher place. Take sleeping bags, blankets, warm protective clothing, emergency supplies, eating utensils and identification showing proof of residency. Tell somebody where you are going.

I Remember...

Saving Mary

My mother, Mrs. Mary M. Brown, always told with such pride and eloquence of the time she fell into the Cape Fear River. She was only 7 at the time, but she could recall the event most vividly. She and my grandmother were traveling in a car driven by a family friend. They were going to cross over the river on the ferry. It was raining and the road was slippery. When the driver tried to steer the car onto the ferry, the car slid and fell into the river. My grandmother was a passenger in the front seat, and when she realized the car was sliding into the water, she was about to jump out of the car but looked back and saw little Mary in the back seat. Her only choice was to go down with the car. My grandmother obviously saved my mother and made it back to the surface for air.

Charlene Hall, Riegelwood, Four County EMC

Mother lived to be 90. We miss her very much, but her story lives on in the hearts of her children and grandchildren.

Pretend shooting

I was about 4 years old when I was playing with this wooden gunstock. This was my Daddy's favorite picture of me. He took pictures and developed them in his darkroom underneath the steps in the closet. What fun I had "pretend shooting." I am 48 years old now, and I still enjoy hunting and shooting guns. I just love being outdoors.

Sandra Jernigan, Denton, EnergyUnited

Papa's few words

He was a man of few words, my grandfather, my "Papa." But when he did speak, he spoke softly and said volumes.

As a child, you didn't mention a toothache because he would be there with pliers. You didn't stand there with hay in your hair and deny playing in the hayloft.

He was so funny. One time he lost Snoopy, his little dog who followed him everywhere. He came up to me in his Tim Conway Walk and asked if I had seen Snoopy. I said, "He is right behind you, Papa." Well, he shuffled to the right and then to the left, then parted his legs and looked back through to find Snoopy behind him as always. And he laughed.

He just had to see what was going on at the farm even after he grew too old to participate. A time in the fall when hogs were being slaughtered, he arrived in the kitchen one morning when my grandma "Mama" had pulled out her treadle sewing machine to do some mending. He gave her a peck on the cheek, as usual, and said he was heading out. As he turned to leave, Mama spotted a big hole in the seat of his overalls. "Doke," she said, "you can't go up there like that." He looked behind to see what she meant, then he grinned and asked if he could hop up there onto the sewing machine, "and you can stitch that up." Mama just fastened a big safety pin in his pants and he hobbled away.

In 1976, after my husband and the father of my two children left us, we were staying with my mother who lived next to my grandparents. I was so devastated, I would not leave the house. Papa would bring me wildflowers from his morning walk. He just handed them to me through the door. One Sunday after several weeks of this, with our aunts, uncles and cousins at Mama's house as usual, Papa came up to me and said these few words: "You get down there where you belong and people love you." I did. It was hard facing everyone, as though I had done something wrong, but after that I began to heal.

M. Lee Trogdon, Cedar Point

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Guidelines:

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6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

took this picture of Papa just efore he passed away. In the norning he would sit by the ot-bellied stove and sort of meditate.

Barefootin' all summer

I was born in 1968 and grew up in Ramseur. Being a kid in the 1970s and 1980s was good. During the summer we would play outside all day, playing kickball, woofer ball, roller bat, dodge ball, freeze tag, H.O.R.S.E with the basketball. And we would play Hide 'n Seek day or night. To make Hide 'n Seek more exciting, we let the "It" person use a kickball to throw and try to tag ya.

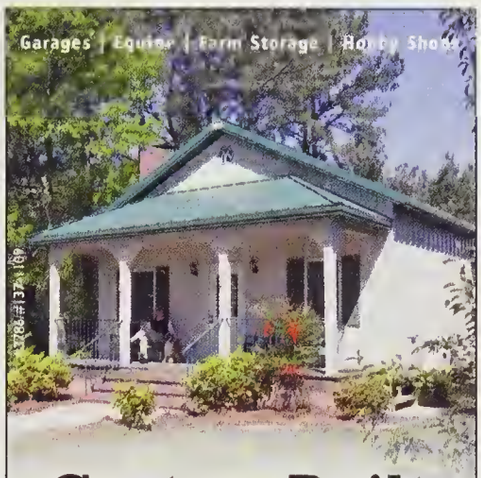
We rode bikes through the woods on dirt paths that we had made. We'd climb pine trees in our backyard pretending it was our clubhouse — no walls, no floor and no roof, just our plain old imagination. I carved my name in a "secret" place on one of the trees.

We did everything on our bare feet. We would run across gravel driveways and through woods, play hopscotch, do cartwheels and ride our skateboards on the street in front of our house. Most evenings we would play until Mama hollered for us. And I mean holler! She would stand on the back porch and yell, " Peggy Carol! " I could hear her three houses down!

We would come inside and have to wash up or, worse, take a bath. With our dirty hands, a "dirt necklace" under our necks, dirty armpits and dirt in our fingernails and toenails, we were happy. Our feet were the hardest to wash. The bottoms would be stained black for most of the summer.

Only thing left to do for the day was go to bed, get up the next day, and do it all over again.

Peggy Routh, Franklinville, Randolph EMC



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Getting To Know...

John "Trane" Coltrane

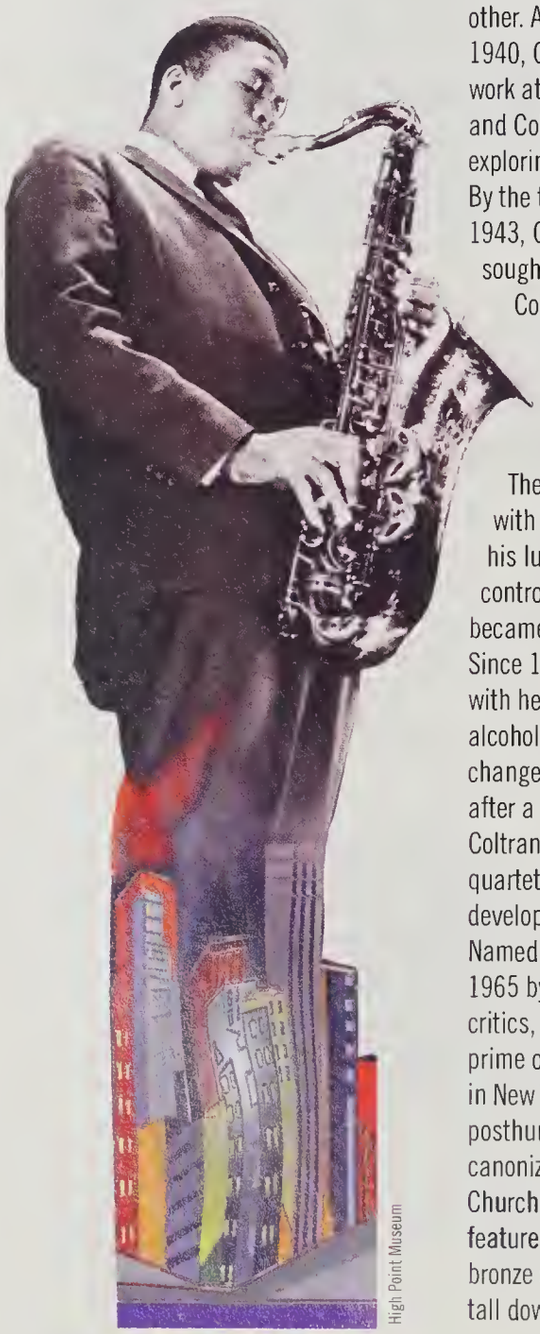
Born: September 23, 1926, in Hamlet.
Known for: Innovative jazz saxophonist
Accomplishments:
John Coltrane's family moved to High Point when he was an infant. Although shy, young John showed his potential at school. He was at the top of his class, participated in plays, and in the seventh grade served on school patrol, helping students navigate a difficult gully.

High Point Historical Society

John Coltrane (left) as third-grader

His home situation changed drastically in 1938–1939 when his father, a tailor, and grandfather, a presiding church elder, died within months of each other. After his uncle's death in 1940, Coltrane's mother took work at the local country club and Coltrane began more fully exploring his musical talents. By the time he graduated in 1943, Coltrane's mother had sought work in Philadelphia and Coltrane followed her north.

He moved from band to band, appearing with jazz greats such as Dizzy Gillespie and Thelonious Monk, and later with Miles Davis. Known for his lush sound and masterful control, Coltrane's music became increasingly spiritual. Since 1948, he had struggled with heroin addiction and alcoholism, but in 1957, he changed his life for the better after a religious experience. Coltrane also formed his own quartet in 1960 and quickly developed a devoted following. Named "Jazzman of the Year" in 1965 by local and international critics, Coltrane died in his prime of liver cancer in 1967 in New York. He received many posthumous awards and was canonized by the African Orthodox Church. High Point Museum features a Coltrane exhibit, and a bronze statue of Coltrane stands tall downtown.



High Point Museum

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SAUCES

Is Texas Pete from Texas?

T.W. Garner

Nope, the spicy condiment was developed in good ol' Winston-Salem. Brothers Thad, Ralph and Harold Garner, their father Samuel, and "Mother Jane" as she was called, first began making the sauce on their home's cook stove. Their dad insisted on an American name, saying "maybe Texas." But Texas what? Samuel looked at son Harold, who was nicknamed "Pete" and the name was set. Today, hot sauce lovers shake Texas Pete over barbecue, eggs, chicken and veggies, and the T.W. Garner Company has expanded to buffalo wing, honey mustard, and chile sauces. Its factory, built in 1942, and "added onto too many times to count," sits on the original Garner family home site in northwest Winston-Salem.

tar heel lessons

a guide to NC for teachers and students

North Carolina Museum of History

Visitors step inside this American Indian dwelling to see a history video at the Story of North Carolina exhibit.

The Story of NC (Part One)

A new exhibit at the North Carolina Museum of History is so big that it's debuting in two parts. The newly opened Part One of "The Story of North Carolina" traces life in North Carolina from its earliest inhabitants through the 1830s including American Indian life, European settlement, piracy, and the American Revolution. At this exhibit you can step inside a reproduction of an American Indian dwelling, and stroll through a pirate ship. Visitors learn about famous as well as regular North Carolinians, and can experience period activities like feeling the weight of a full water bucket typically carried from a well. The final part of the 20,000-square-foot exhibit will open on Nov. 5. (919) 807-7900, ncmuseumofhistory.org or access it on Facebook®.

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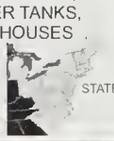

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WORD

ward-wary-pray

PLAY

H E R E

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E T E R N I T Y

To go from HERE to ETERNITY you must drop a letter, change a letter, or add a letter in each step to spell a new word. You can rearrange letters in any step. Your answer may be different from mine.

NOTE FROM NOAH

Into each life some rain must fall,
But forty days sure cast a pall.
Go make an ark, You said.
You got it.
But Lord, it's damp, and dark, and hot.
It won't last long, this damp old ark.
I need to find a spot to park.

How can we dry our garb if You
Don't make the sky above turn blue?
The odor—God—it's not too nice,
Much like a pig sty, and the mice!

How long, O Lord, how long must we
Sail on, sail on, on this dark sea?
Your plan, O Lord, is, well—all wet,
If what we see is what we get.

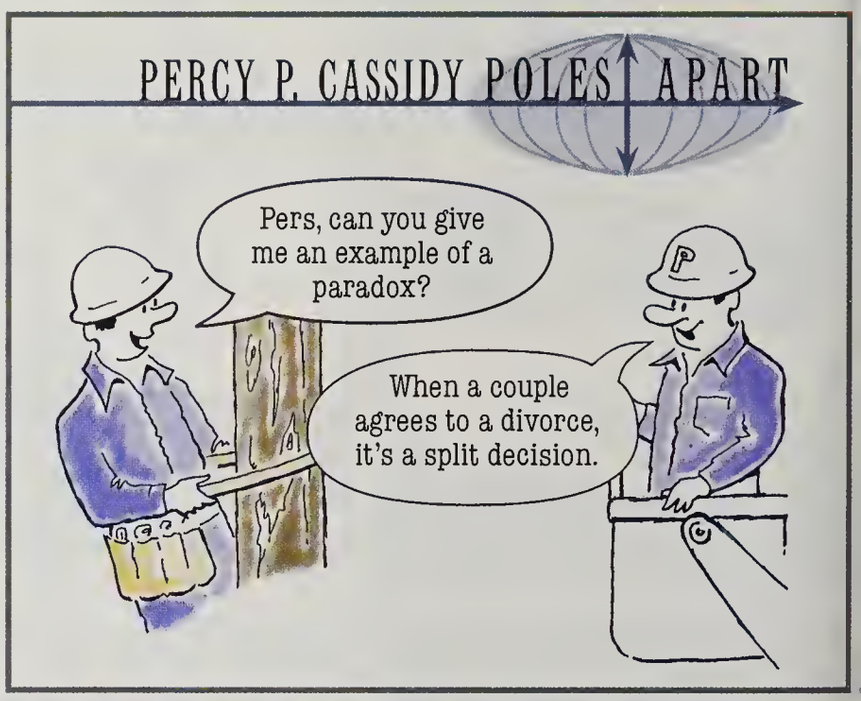
Oh God, oi vey, what is your plan?
I sent a dove out to find land.
Pray, did you let it come to grief?

Oh, God, look, in its beak: a leaf!

—Charles Joyner

And then I read

An Associated Press photo in the Greensboro News & Record showing two men identifies them as "actor Al Pacino (right)" and "director Sidney Lumet (right)... **WRONG!**


PERCY P. CASSIDY POLES APART
Pers, can you give me an example of a paradox?
When a couple agrees to a divorce, it's a split decision.

MATCHBOXES

Each letter in this code key below stands for the digit above it.

1	2	3	4	5	6	7	8	9
Y	A	I	L	D	E	R	N	C

Use this key to create a multiplication problem below. Solve the problem and write your answer in the box tops, one digit to each box. Then match boxes to find the name of North Carolina's state bird.

L	E	I	R	E	C	Y	A
						X	
							A

© 2011 Charles Joyner

For answers, please see page 31

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51-65	$339	$579	$589	$819

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55	$33	$26	75	$94	$70
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65	$52	$41	85	$185	$153

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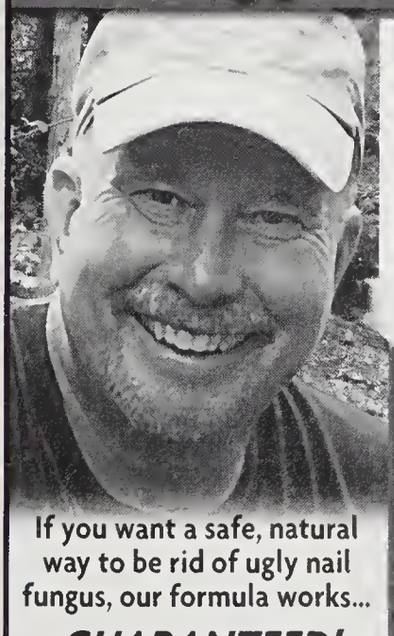

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By Mary Conroy

Invasion of the Japanese beetles

They're coming, they're coming!

Adult Japanese beetles sometimes emerge as early as mid-May in eastern North Carolina. Peak emergence occurs mid-late June in most areas and lasts a few weeks. How we hate to see these green beetles arrive in our gardens and devour any tender green thing in sight. Rose buds and crepe myrtle seem to be two favorites here in the Carolinas.

These dreaded insects actually begin as grubs. Females tunnel 2 to 5 inches into the soil and deposit eggs. Adult beetles look for green lawns with good soil moisture for egg laying. In 3 to 4 weeks, small grubs (larvae) hatch from eggs and develop through three stages (instars), with the first two stages lasting about 3 weeks. The last larval stage remains in the soil from the fall through spring. In spring and early summer, white grubs pupate 3 to 6 inches deep in the soil. Adults emerge from pupae in about 3 weeks.

Moles, raccoons and skunks love to feast on grubs, so if you see them in your garden or lawn it may indicate a grub population below the grass surface. You will mostly find the grub in areas that receive sun (they like the warmth) and water. Grubs also eat the roots of the grass, so watch for lawns that show wilting and browning of irregular shaped areas.

What to do? Insecticides such as imidacloprid (Merit) or halofenozide (GrubEx) can be applied prior to seeing damage, such as in late July to lawns likely to show damage. All of these insecticides should be watered into the soil for best results. Lawns should also be watered prior to application. The advice to put out the Pheromon trap bags is not sound. These attract the insect, so if you use them place them as far away from your prized plants as possible. Milky spore (Bacillus popilliae) is an organic way to control grubs. Allow this process to completely saturate a treated area, about 2 to 4 years.

Look for milky spore treatment at www.planetnatural.com. You can see a video on You Tube.

Plants in flower this month

Southern Magnolia
Golden Chain Tree
Mimosa
Smoketree
Rosebay Rhododendron
Oakleaf Hydrangea
Sweet Azalea
Gardenia
Rose
Summer Spirea
Florist Hydrangea
Yucca
Gumpo and Satsuki Azaleas
Hypericum
Trumpet Creeper
Phlox
Butterfly Weed
Daylily
Balloon Flower
Stokesia
Coreopsis
Poppy
Canna
Red Hot Poker
Rose-of-Sharon

You can battle the beetle with insecticide or organically with milky spore.

To do this month

Start plants of Brussels sprouts and collards for transplanting into the garden in mid-July.

- Plant the following vegetables in your garden: beans, lima beans, southern peas, peppers, sweet potato, pumpkin and tomato.
- Prune white pine new growth only.
- Prune narrowleaf evergreens like juniper and arborvitae late this month.
- Prune the bigleaf or florist hydrangea when the flowers fade.
- Trim hedges as needed.
- Remove water sprouts on any fruit trees and crabapple trees.
- Cut off faded flowers of phlox, shasta daisy and daylily to encourage a second flowering.
- Trim dried up foliage from your spring flowering bulbs.
- Prune off dieback of hybrid rhododendron.
- Pinch your chrysanthemums to encourage branching.

Lawn care

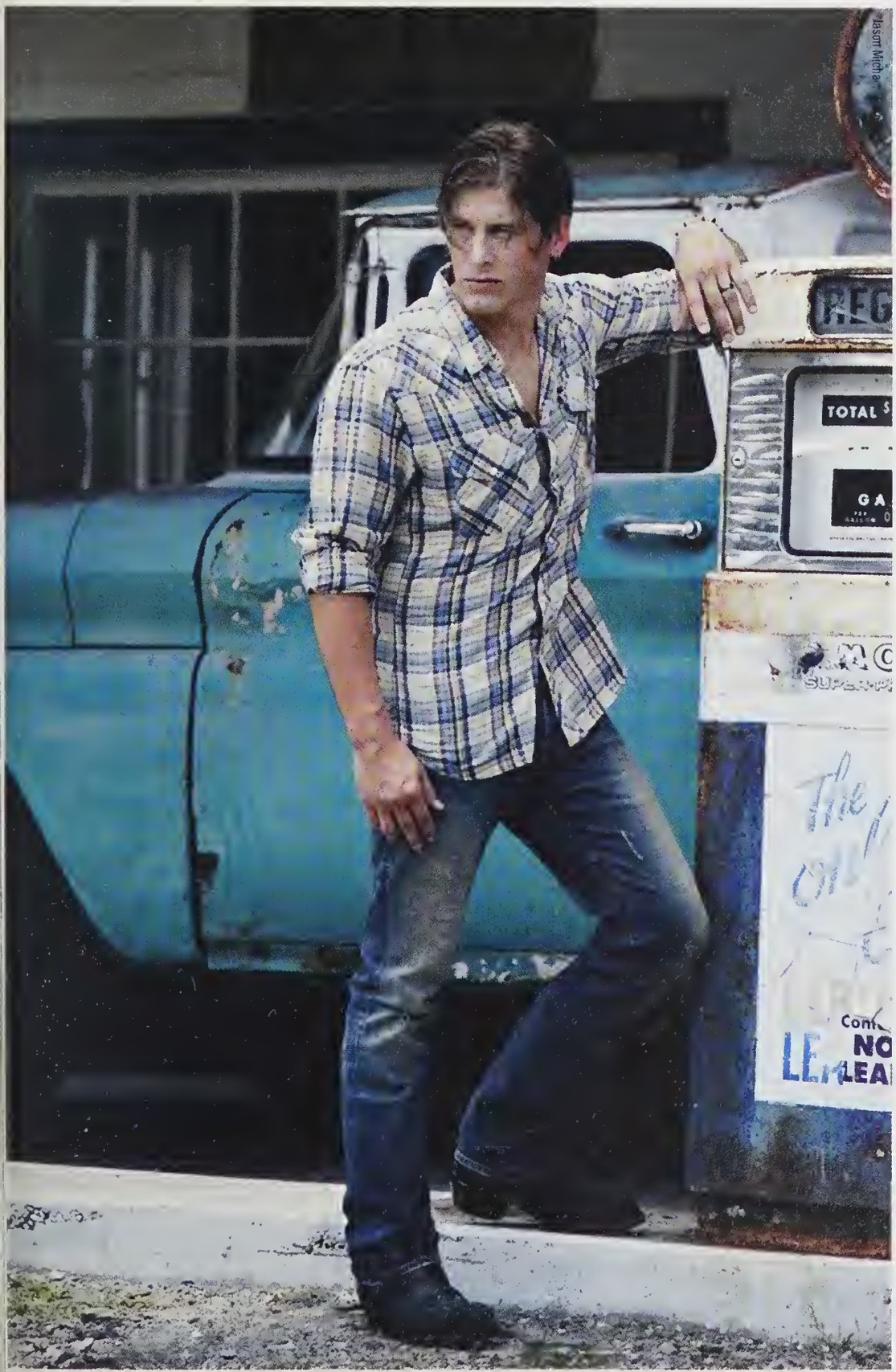
- Continue fertilizing warm season grasses like Bermuda grass, centipede grass and zoysia this month. Do not fertilize tall fescue now.
- Start any warm season grasses like zoysia, Bermuda grass and centipede grass in June.

GO ONLINE

Mary Conroy is a Master Gardener in Forsyth County. Visit her online gardening forum: www.gardeningcarolina.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

June Events



Franklin County resident and country music star Jason Michael Carroll is among a line-up of heavy hitters scheduled to appear at Festival Park at Carolina Crossroads in Roanoke Rapids June 16–18 for the Rapids Jam Music Festival. Roanoke Electric Cooperative is a major sponsor. Other performers scheduled include Willie Nelson, Darius Rucker, Lady Antebellum, Lee Brice, Sugarland, Jamey Johnson, Clay Walker, Bucky Covington, Randy Houser and Colt Ford. Camping is available. For more information, call (252) 536-0275 or visit www.rapidsjam.com.

ONGOING

Street Dance
Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights
Midway
(910) 948-4897
www.liveatclydes.com

Haywood's Historic Farmers Market
Wednesdays & Saturdays
through Dec. 3,
Waynesville
(828) 627-1058
www.waynesvillefarmersmarket.com

First Fridays
Festivities downtown
Greenville
(252) 329-4200

Music at the Mills—Bluegrass & More
Fridays June 3–24, Union Mills
(828) 287-6113
http://unionmillslearningcenter.org

Betty Lynn (Thelma Lou) at Andy Griffith Museum
Third Friday monthly
Mount Airy
(336) 786-7998
www.visitmayberry.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.com

Farmer's Market
Saturdays
Wake Forest
(919) 671-9269
www.wakeforestmarket.org

Civil War 150 Traveling Exhibit
Photography at public library
June 1–19, Smithfield
(919) 807-7389
www.nccivilwar150.com

Civil War 150 Traveling Exhibit
Photography at public library
June 1–30, Salisbury
(919) 807-7389
www.nccivilwar150.com

PhotoGraphic Perspective Art Show
June 7–25, Albemarle
(704) 463-4336
www.fallingriversgallery.com

Coastal Pastel Artists Showing
June 3–30, Morehead City
(252) 726-1986
www.carolinaartiststudio.us/events.html

Breathe mountain air and listen to southern gospel music at the Annual Singing on the Mountain in Linville on June 26. Call (800) 468-7325 or visit www.grandfather.com to learn more.

Remarkable Rhododendron Ramble
Special programs, walks
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(800) 468-7325
www.grandfather.com

"Reflections"
Metal sculpture, fiber art, paintings and enamels
Through June 19, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

"Motoring the Blue Ridge Parkway"
Through June 2011, Maggie Valley
(828) 926-6266
www.wheelsthroughtime.com

"Take Me Out To The Ball Game Exhibit on Cleveland County baseball
Through Aug. 20, Kings Mountain
(704) 739-1019
www.kingsmountainmuseum.org

Clay County Sesquicentennial
Activities through fall, Hayesville
(828) 389-3704
www.ncmtnchamber.com

"A Journey Thru the 20th Century" Exhibit
Through Dec. 2011, Oxford
(919) 693-9706
www.granvillemuseumnc.org

Formed, Fired, and Finished: NC Art Pottery
Through May 1, 2012, Elizabeth City
(252) 331-4037
www.museumofthealbemarle.com

1

Out of the Blue: Coast Guard Aviation
Elizabeth City
(252) 331-4037
www.museumofthealbemarle.com

2

Return to Mitford
Author luncheons, literary lectures and readings
June 2–5, Blowing Rock
(828) 295-7851
www.mitforddays.com

3

Discovery at Dusk: A Guided Canoe Trip
Rosman
(828) 877-3106
www.headwateroutfitters.com/discovery_trip.html

Antique Tractor & Engine Show
June 3–4, Maggie Valley
(828) 627-6844

Farmers Market Spring Craft Fair
June 3–5, Colfax
(336) 816-1553

Quilt Art by the Shady Ladies
June 3–5, Canton
(828) 456-8885

"Our Leading Lady"
June 3–5, Union Mills
(828) 287-4809
www.rutherfordcommunitytheatre.org

Ocracoke Festival
June 3–5, Ocracoke Island
(252) 928-3411
www.ocrafolkfestival.org

4

Horsedrawn Plowing Contest
NC State Championship
Erwin
(919) 820-4067

Eastern NC Family History Fair
New Bern
(252) 349-0405

Open Bass Tournament
Edenton
(252) 482-5343

Rail Trail Hike
Gold Hill
(704) 267-9439
www.historicgoldhill.com

National Trails Day at Grandfather Mountain
Linville
(828) 733-2013
www.grandfather.com

Founder's Day
Wade
(910) 485-3502
www.wadenc.com

Car & Truck Show
Fayetteville
(910) 728-5372
http://newlifebaptist4u.com/christianmotorsports.dsp

Blues 'n Brews Festival
Fayetteville
(910) 483-5311
www.cfrt.org/bluesnbrews.php

Open House
Canopy tour company
Westfield
(336) 972-7656
www.carolinaziplines.com

Spring Festival
Murphy
(828) 837-6821

French & Indian War Encampment
Winston-Salem
(336) 924-8191
www.bethabarapark.org

Bethlehem Day & Classic Car Show
Bethlehem
(828) 495-1057
www.bethlehem-comm-dev-assoc-nc.yolasite.com

Museum Ships Weekend
Azalea Coast Amateur Radio Club
June 4–5, Wilmington
(910) 251-5797
www.battleshipnc.com

Antique Gun & Military Antiques Show
June 4–5, Raleigh
(704) 282-1339
www.thecarolinatrader.com

Arts & Crafts Show
June 4–5, Black Mountain
(828) 231-3594
www.olddepot.org

5

Sandhills Region Wildflowers
Lecture, nature walk, book signing
NC Botanical Gardens
Chapel Hill
(919) 962-0522
http://ncbg.unc.edu

Sunday in the Park
Tar River Community Band
Greenville
(252) 329-4200
www.grpd.info

9

ADF Gala
Celebration of Charles L. Reinhart's career
Durham
(919) 684-6402
www.americandancefestival.org

10

Discovery at Dusk Guided canoe trip
Rosman
(828) 877-3106
www.headwatersoutfitters.com/discovery_trip.html

Gallery Crawl
West Jefferson
(336) 846-2787
www.ashecountyarts.org

Art After Hours
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Handcrafters Guild Craft Show
June 10–11, Brevard
(282) 884-9908

Summer Festival
June 10–11, Washington
(252) 946-9168
www.wbcchamber.com

National Truck & Tractor Pull
June 10–11, Newport
(252) 342-1563
www.newportfleamall.com

"Crowns"
Celebratory musical exploring black history
June 10–12, Greenville
(252) 329-4200
www.magnoliaartscenter.com

ROSAS
Anne Teresa De Keersmaeker and her dance troupe
June 10–12, Durham
(919) 684-6402
www.americandancefestival.org

Big Rock Blue Marlin Tournament
June 10–18, Morehead City
(850) 668-2222
www.thebigrock.com

11

NAVIGATE
Battleship 101
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(910) 251-5797
www.battleshipnc.com

OSCILLATE
Beach music festival
Wilmington
(910) 251-5797
www.battleshipnc.com

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Festivities celebrating agricultural life
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(336) 667-3171
www.blueridgemusichalloffame.com

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Hayesville
(828) 389-3704
www.ncmtnchamber.com

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Music, crafts and history
Edenton
(252) 482-2637
www.edenton.nchistoricsites.org

Annual Gala & Benefit Auction
Brasstown
(828) 837-2775

2nd Saturdays
North Carolina art pottery
Elizabeth City
(252) 331-4047
www.museumofthealbemarle.com

2nd Saturdays
Arts, history, crafts and music
Burlington
(336) 227-4785
www.alamancebattleground.nchistoricsites.org

12

British Car Day South
Concord
(704) 843-5821
www.britishcardaysouth.com

Sunday in the Park
Emerald City Band
Greenville
(252) 329-4200
www.grpd.info

13

Business Community Expo
Rolesville
(919) 562-7069
www.rolesvillechamber.org

Yossi Berg & Oded Graf
Israeli dance duo presents "Animal Lost"
June 13–14, Durham
(919) 684-6402
www.americandancefetival.org

14

A Day at the Beach
Activities include marine education, kite flying
Elizabeth City
(252) 331-4037
www.museumofthealbemarle.com

15

Animal Celebration
Games, contests, prizes
Linville
(828) 733-2013
www.grandfather.com

16

Bill T. Jones/Arnie Zane Dance Company
June 16-18, Durham
(919) 684-6402
www.americandancefestival.org

Rapids Jam Music Festival
June 16–18, Roanoke Rapids
(252) 536-0275
www.rapidsjam.com

"The Red Badge of Courage"
Historical film series
Bath
(252) 923-3971

17

Discovery at Dusk
Guided canoe trip
Rosman
(828) 877-3106
www.headwatersoutfitters.com/discovery_trip.html

Jazzy June Stroll & Cruise In
Lexington
(336) 249-0383
www.uptownlexington.com

Granville Cattlemen Beef Earth Roast
Oxford
(919) 603-4809

Music in the Streets
Washington
(252) 946-3969

Music & Water Festival
June 17–18, Edenton
(800) 775-0111
www.edentonmusicandwaterfestival.com

Rummage Sale
June 17–18, Boone
(828) 264-6468
www.wataugahumanesociety.org

AICA Spring Powwow
June 17–18, Harmony
(828) 464-5579

Arts Studio Tour
June 17–19, Sparta
(336) 372-5473
www.ncmountainartsadventure.com

18

Art & Music Festival
Murphy
(828) 361-9584

Tour de Mountains
Sparta
(336) 372-5473
www.sparta-nc-com/bike

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of Western North Carolina
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CAROLINA COUNTRY adventures

Roanoke Rapids & Halifax County

Day Trip

Taking pride in its blend of historic sites, business enterprises and broad natural areas, this part of the Roanoke Valley aims to make the summer of 2011 one to remember for locals and visitors alike.

Kicking off is **Rapids Jam** at Festival Park at Carolina Crossroads (off I-95, Exit 171). The event boasts 20 concerts in three days, June 16-18, with the likes of Sugarland, Darius Rucker, Lady Antebellum, Willie Nelson and local favorite Jason Michael Carroll. Camping options surround the location. A major sponsor is Roanoke Electric Cooperative. (252) 536-0275 or www.rapidsjam.com

The **Roanoke River Canal Museum 7.5-mile trail** follows the old navigation canal bed (locks as early as 1823) from Roanoke Rapids Lake Park to River Falls Park in Weldon. The museum and trail tell of the work to make Roanoke River a source of trade and navigation. (252) 537-2769 or www.roanokecanal.com

In **Weldon**, one highly noticeable mark will be 6-foot-high statues of the Rocking Rockfish, a symbol of what gives the town its moniker "Rockfish Capital of the World." For shopping, Riverside Mill houses more than 100 antique and art dealers in a historic, cotton mill on the river in Weldon. You can glance out to the river as you peruse estate jewelry, silver, furniture, collectibles, art and regional foods. (252) 536-3100 or www.riversidemill.net

In **Roanoke Rapids** itself is the Lake Day Use Area, open for swimming, concessions, volleyball, Frisbee golf and a handicapped-accessible fishing pier. Nearby are great fishing, boating and camping places. Get into the 20,300-acre **Lake Gaston** from an access point in Littleton (252-586-5711 or www.lakegastonchamber.com). **Medoc Mountain State Park** (252-586-6588 or www.ncparks.gov) in the Hollister area has 11 miles of bridle trails, as well as hiking and paddling trails, and RV and tent camping.

Run down to **Historic Halifax**, a serene collection of historic structures that reflect the time of April 12, 1776. This is the date commemorated on the North Carolina flag, when the Fourth Provincial Congress adopted the Halifax Resolves, the first step in the American colonies toward independence. Start at the Visitor's Center. (252) 583-7191 or www.nchistoricsites.org

The summer season also shows off the **Lakeland Theatre Company** productions in Littleton (877-330-0574 or www.lakelandtheatrenc.org) and the nearby world's largest collection of rare and endangered waterfowl at **Sylvan Heights** in Scotland Neck. (252) 826-3186 or www.shwpark.com

Good eating places include David's Restaurant in uptown Roanoke Rapids, King Street Deli in Halifax, and Fat Baby's Café in the Tillery Resettlement. A noted inn is Twin Magnolias in the Roanoke Rapids historic district.

—Michael E.C. Gery

Learn of other nearby adventures and events:

(800) 522-4282
www.visithalifax.com

Halifax County Convention and Visitors Bureau

History interpreter Hank Brown leads a Revolutionary cheer with children at Historic Halifax.

Daylily Festival
Morganton
(828) 584-3699
www.beardaylilyfarm.com

Blueberry Festival
Burgaw
(910) 259-9817
www.ncblueberryfestival.com

Art on the Neuse
Outdoor festival
Oriental
(252) 571-1458
www.pamlicoarts.org

Paper Crafts
Techniques, activities
Tarboro
(252) 641-0857
www.cardscraps.com

Trosly Farm Tour & Dinner
Elk Park
(828) 733-4938
www.troslyfarm.com

Music For The First President
Piano, violin and more in Old Salem
Winston Salem
(336) 721-7300
www.oldsalem.org

2011 Mile of Flowers
Walking tour of gardens
Blowing Rock
(843) 671-1770

Pig Pickin' By The River
Creston
(336) 385-2476

Corn Husk Doll & Papermaking Demos
Chimney Rock State Park
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19

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20

TAO Dance Theater
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www.americandancefestival.org

Museum Summer Camp
June 20–24, Fayetteville
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www.museumofthecapefear.ncdcr.gov

History Summer Camp
June 20–24, Morehead City
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www.thehistoryplace.org

21

Traditional Mountain Sports
Fly fishing day camp
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22

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23

Evidence and Dayton Contemporary Dance Companies
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24

Movies in the Park
Washington
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Wagon Train
June 26 through July 4, Andrews
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27

Rosie Herrera Dance Performance
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June 27–July 1, Morehead City
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www.thehistoryplace.org

29

Singing in Hominy Valley
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Philobolus Dance Performance
June 30–July 2, Durham
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By Arnie Katz

CFL facts

How many energy geeks does it take to change a light bulb? Ten—one to screw in the bulb and nine to debate the economic and environmental implications.

Q The government and environmentalists have been promoting compact fluorescent lights (CFLs) for several years. I've read some pretty scary reports on the Internet about mercury contamination and fires and reports from people saying they just don't put out as much light as regular bulbs. I see them in the store and though the prices have come way down, I can't decide whether to try them or stockpile my shed with incandescent bulbs before they're taken off the market.

A CFLs have only been around for about 20 years or so and as is the case with most new technologies, there is a lot we don't know yet. Based on the best information I can find, here is what we do know.

CFLs save energy

They use about a quarter to a third of the amount of electricity to make the same amount of light as an incandescent light does. As electricity rates go higher, you'll save more money with CFLs.

CFLs last longer

All light bulbs are given a rating on how many hours they will work. CFLs are usually rated at 10,000 to 15,000 hours, compared with incandescent bulbs rated for 750 to 1,000 hours. The "average life" listed on the label is the point at which half of the bulbs in the test have burned out and half are still working. So really, you should only expect about half of your bulbs to last as long as the life listed on the label. I have CFLs that I use a lot that have lasted more than 10 years.

CFLs contain mercury

Mercury is a toxic element that can cause serious health problems. There are potential risks associated with these bulbs, which, by the way, are also associated with the bulbs in tube fluorescents found in many schools, stores and offices. These potential risks include broken bulbs, which can expose you and your family to mercury. While there are horror stories about spending thousands of dollars for Hazmat teams in moon suits to clean up broken bulbs, most credible sources recommend more reasonable precautions. If a bulb breaks, leave the room and open a window for at least 15 minutes. Carefully clean up broken glass and any residues, and place in a sealed plastic bag or glass jar. For good instructions on how to clean broken CFL bulbs, visit the EPA website www.epa.gov/cfl.

Disposing of broken or burnt out bulbs should be done in a way that prevents mercury from entering the air or ground water. Some hazardous household waste collection sites now accept CFLs along with other hazardous items like batteries and old paint. Check with your local solid waste or recycling department.

CFLs are unlikely to cause fires

There is one anonymous claim on several websites with a scary picture of a fire allegedly caused by a CFL bulb. I have been unable to find any documented cases of CFLs actually causing fires. Just like with every electrical device there is the potential for a fire hazard, but as far as I can tell, you should be more concerned about your toasters and halogen torchiere lamps starting a fire than your CFLs.

CFLs are comparable to incandescent lights in light quality

Most CFLs take a few seconds to get up to full brightness, and some don't give as much light as the incandescent bulb they are supposed to replace, but most do. In the early days, the quality of CFLs wasn't always great, and a lot of people got stuck with inferior products. Today, the quality seems to be much better, and I rarely hear complaints about bulbs burning out after just a couple of months or not putting out enough light. If you tried them a few years ago and weren't satisfied, it may be worth trying them again.

Arnie Katz is the director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com

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Deep-Dish Layered Southern Banana Pudding

- 46 Nilla Wafers, divided
- 3 tablespoons butter, melted
- ½ cup chopped Planters Pecans
- ⅓ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 2 packages (3.4 ounces each) Jell-O Vanilla Flavor Instant Pudding
- 2 cups cold milk
- 1 tub (8 ounces) Cool Whip whipped topping, thawed, divided
- 4 bananas (1 pound), sliced
- 1 package (8 ounces) Philadelphia Cream Cheese, softened
- ¼ cup granulated sugar

Heat oven to 350 degrees. Crush 30 wafers; mix next 4 ingredients. Spread onto bottom of 15-by-10-by-1-inch pan sprayed with cooking spray. Bake 5 minutes; stir. Bake 3 to 5 minutes or until golden brown; cool.

Beat pudding mixes and milk with whisk 2 minutes. (Pudding will be thick.) Stir in 1 cup Cool Whip. Layer ⅓ of the crumb mixture and half each of the bananas and pudding in a 2-quart serving bowl; repeat. Beat cream cheese and granulated sugar in medium bowl with mixer until blended. Gently stir in 1 cup of remaining Cool Whip; spread over top, sealing to edge of bowl. Sprinkle with remaining crumb mixture. Refrigerate 3 hours. Top each serving with remaining Cool Whip and whole wafers just before serving.

Asparagus Bow-Tie Pasta

- 2 cups farfalle (bow-tie pasta), uncooked
- 1 pound asparagus spears, timed, cut into 1-inch lengths
- ½ cup halved orange pepper strips
- ¼ cup julienne-cut oil-packed sun-dried tomatoes, undrained
- ½ cup chicken broth
- ¼ cup whipping cream
- 1 tablespoon chopped fresh oregano
- 1 cup Kraft Shredded Italian Five Cheese with a Touch of Philadelphia

Cook pasta in large saucepan as directed on package, omitting salt and adding asparagus to boiling water the last 2 minutes. Drain.

Meanwhile, cook peppers and tomatoes in large skillet on medium-high heat 2 to 3 minutes or until crisp-tender, stirring frequently.

Add pasta mixture, broth, whipping cream and oregano to skillet; mix well. Cook and stir 5 minutes or until sauce is slightly thickened. Top with cheese; cook 2 to 3 minutes or until cheese begins to melt.

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Except for "From Your Kitchen," recipes are courtesy of Kraft Foods. For more recipes, visit www.kraftfoods.com.

Chicken Club Pizza

- 1 can (13.8-ounce) refrigerated pizza crust
- ¼ cup Kraft Mayo with Olive Oil Reduced Fat Mayonnaise
- ½ cup Kraft Ranch Dressing, divided
- 1½ cups Kraft Shredded Triple Cheddar Cheese with a Touch of Philadelphia, divided
- 1½ cups finely chopped cooked chicken
- 8 slices Oscar Mayer Bacon, cooked, crumbled
- 1½ cups finely shredded lettuce
- 1 tomato, finely chopped

Heat oven to 400 degrees F. Unroll pizza dough on baking sheet sprayed with cooking spray; press into 15-by-10-inch rectangle. Bake 10 minutes. Mix mayo and ⅓ cup dressing; spread onto crust. Top with half the cheese, chicken, remaining cheese and bacon. Bake 5 minutes or until crust is deep golden brown and cheese is melted. Top with lettuce and tomatoes; drizzle with remaining dressing.

From Your Kitchen

Chocolate Sandwich Cookies

- 2 packages (18 ounces each) Devil's Food cake mix
- 4 eggs, lightly beaten
- ⅔ cup vegetable oil
- 8 ounces of cream cheese, softened
- ½ cup butter, softened
- 4 cups confectioners' sugar
- ½ teaspoon vanilla extract

In a large bowl stir cake mixes, eggs and oil (batter will be very stiff). Roll into 1-inch balls and place on an ungreased baking sheet. Bake at 350 degrees for 8–10 minutes and cool.

In another bowl, beat cream cheese and butter. Add sugar and vanilla and mix until smooth, refrigerate 30 minutes.

Spread cream cheese mixture on the bottom of half of the cookies and then top with the remaining cookies.

Yield: 24–36 cookies.

Carol Ayers of Youngsville will receive $25 for submitting this recipe.

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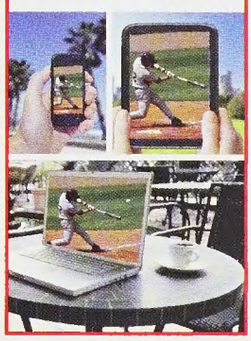

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65	$ 5.36	$ 4.14
75	$10.23	$ 7.64
85	$19.77	$16.52

* Does not include $36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

Issue Age	Male (tobacco)	Female (tobacco)
5	N/A	N/A
15	N/A	N/A
35	$ 1.79	$ 1.49
55	$ 4.30	$ 3.55
65	$ 7.18	$ 5.41
75	$13.24	$ 8.85
85	$26.26	$17.67

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